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Tuesday

U.S. Eases Cuba Restrictions

Obama OKs travel, money transfers for relatives of Cubans

WASHINGTON | President Obama is allowing Americans to make unlimited transfers of money and visits to relatives in Cuba and easing other restrictions Monday, ushering in a new era of openness toward the island nation ruled by communists for 50 years.

The formal announcement was made by presidential spokesman Robert Gibbs and, in Spanish, by Dan Restrepo, the president's top aide on Latin American policy. "The president would like to see greater freedom

for the Cuban people. There are actions that he can and has taken today to open up the flow of information to provide some important steps to help that," Gibbs said.

With the changes, Obama aims to lessen Cubans' dependence on the regime of Fidel Castro, hoping that will lead them to demand progress on political freedoms, the spokesman said. About 1.5 million Americans have relatives on the island nation that turned to communist rule in 1959 when



Gibbs

Castro seized control.

Some U.S. lawmakers protested the changes, saying they could funnel money or goods to the Castro regime.

Officials said Obama is keeping the decades-old U.S. trade embargo — for

now, at least — arguing that the policy pressures the regime to free all political prisoners as one step toward normalized relations with the U.S. JENNIFER LOVEN (AP)



NICOLAS ASFOURI/AP/GETTY IMAGES

Thai soldiers charge demonstrators on Monday.

'Final Stand': Protesters issue threat to Thai leaders | 8

Legal Trouble: Attorneys not immune to recession | 13



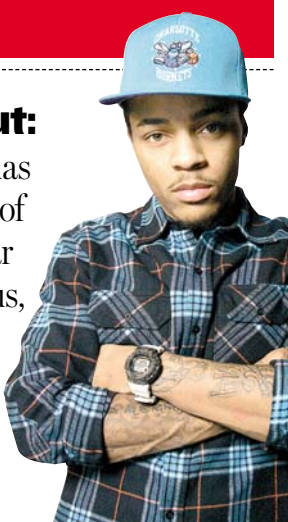
Big Fix: Your workout is due for an annual checkup | **FIT**

lookout

Dog's Out:

Bow Wow has broken free of his child star persona. Plus, Kristin Chenoweth is wicked.

>> 29-35



President Proves He's a Good Roll Model



WIN MCNAMEE/GETTY IMAGES

FOLLOW THE LEADER: President Obama gets ready to kick off the first Easter egg roll of his administration on the White House lawn on Monday. Obama welcomed thousands of families to the event, calling it "one of the greatest White House traditions because it reminds us that this is the people's house."



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VOTE AT EXPRESSNIGHTOUT.COM OR TEXT A FOR 'YES' OR B FOR 'NO' TO 98999. FOR MONDAY'S RESULTS, SEE PAGE 36



TUESDAY
51 | 44



WEDNESDAY
50 | 39

eyeopeners

PASSIVE-AGGRESSIVE

Owner Says, 'No, I'M Sorry'

Police in Pelham, N.H., are searching for a robber who's sorry. A resident who pulled into his driveway Friday caught a robber coming out of the house with jewelry boxes and electronic items. When he approached the robber, the man apologized and then put the stolen goods back. The homeowner tried to detain the robber with conversation, but he fled. (AP)



EVIL

N.Y.C. Landlords Snack on Something Other Than Babies

A Manhattan landlord has included a "free-cupcake" rider in a bakery's lease. When drafting the document, landlord Jack Resnick & Sons requested cupcakes for its sales meetings. Each month, Crumbs bakery receives a call or e-mail with the date of the sales meeting, and it delivers a dozen cupcakes. (AP)



SWEDISH FURNITURE

Assemble It Yourself at Home!

Swedish sculptor Kent Viberg says his new work, which debuted Monday in Nymolla, Sweden, is the world's smallest art gallery. Made from an old phone booth, Galleri was inspired by the 2.5-square-foot "Wrong Gallery," which was created in New York but is now in London. Viberg plans to set up his installation in several towns in southern Sweden. (EXPRESS)



DANGERS

Paternalistic Cult Lures With Humor

A new product, SoulWow, promises to leave users with that "almost baptized feeling" via the cleansing power of confession. In a YouTube parody of ShamWow towel ads, a pitchman named Father Vic, above, calls on Catholics in New York to partake. The campaign was launched before Palm Sunday by the dioceses of Brooklyn and Rockville Centre in an effort to increase the number of people who confess during Holy Week. (AP)

SHAME

"We were on a losing streak and Coach said we were snake-bitten ... so we just kind of went with it."

— A MEMBER OF FLORIDA'S PALM HARBOR UNIVERSITY BASEBALL TEAM, WHICH IS IN TROUBLE FOR KILLING AND BURYING A SNAKE UNDER THE PITCHER'S MOUND AFTER TAKING A COACH LITERALLY.

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XX170 2x1

Spector Is Convicted Of Murder

Music producer faces potential life sentence for death of actress

LOS ANGELES | Rock music producer Phil Spector was convicted Monday of second-degree murder in the shooting death of a film actress at his mansion six years ago.

A Superior Court jury returned the verdict after an estimated 29 to 30 hours of deliberations.



Spector

Spector's attorney argued that he should remain free on bail pending the May 29 sentencing, but Judge Larry Paul Fidler remanded him to jail immediately. Second-degree murder carries a penalty of 15 years to life in prison.

Lana Clarkson, 40, star of the 1985 cult film "Barbarian Queen," died of a gunshot fired in her mouth as she sat in the foyer of Spector's mansion in 2003. She met Spector only hours earlier at her job as a nightclub hostess.

LINDA DEUTSCH (AP)

Downturn Spurs Bankruptcy Boom

Filings soar despite strict federal law that complicates process

RALEIGH, N.C. | The number of U.S. businesses and individuals declaring bankruptcy is rising with a vengeance amid the recession, despite a three-year-old federal law that made it much tougher for Americans to escape their debts, an Associated Press analysis found.

"There's no end in sight," said bankruptcy lawyer Bryan Elliott of Hickory, N.C., who is working seven days a week and scheduling prospective clients a month in advance. "To be doing this well and having this much business, it is depressing. It's not a laugh-a-minute job."

Nearly 1.2 million debtors filed for bankruptcy in the past 12 months, according to federal court records collected and analyzed by the AP. Last month, 130,831 sought bankruptcy protection — an increase of 46 percent over March 2008 and 81 percent over the same month in 2007.

Bob Lawless, a professor at the



Lawyer Bryan Elliott looks over bankruptcy files at his office in Hickory, N.C. Elliott says the bankruptcy work is "depressing."

University of Illinois College of Law, said bankruptcies could reach 1.5 million this year and level off at 1.6 million next year.

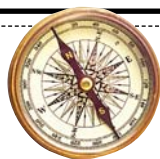
Congress voted in 2005 to make bankruptcy more cumbersome after years of intense lobbying from the nation's lenders,

who complained that people were abusing the system.

The tighter requirements initially appeared to work, with bankruptcies plummeting from a record-shattering 2 million cases in 2005 — a total that reflected a rush to file before the new law

took effect — to 600,000 in 2006. But now bankruptcies are booming again.

"You wouldn't get this large of a rise without serious problems in the economy," said Lynn LoPucki, a UCLA law professor who researches bankruptcy. MIKE BAKER (AP)



PIRACY Strike While the Canon's Hot Barely a day after the daring rescue of an American sea captain, a U.S. cable TV channel announced a deal Monday to produce a show about U.S. Navy pirate hunters. Two crews for 44 Blue Productions hope to be on board Navy vessels patrolling in the pirate-infested waters off the coast of Africa within two weeks. The company is aiming to have a series ready to air by September, said Rasha Drachkovitch, 44 Blue's president and founder. (AP)

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Nation



Duane Robinson installs wires during a class on solar panels at San Jose City College in San Jose, Calif. The school has a waiting list for such "green jobs" classes.

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Unemployed Flock To 'Green' Training

Trainees hope young industry will provide jobs for years to come

SAN JOSE, CALIF. | As the economy sheds jobs, community colleges across the country are reporting a surge of unemployed workers enrolling in courses that offer training for "green-collar" jobs.

Students are learning how to install solar panels, repair wind turbines, produce biofuels and do other work related to renewable energy.

"I think the opportunities in this field are going to be huge," said Rudy Gastelo, a handyman who left the construction industry two years ago. "I'm not getting that 9-to-5 paycheck, so I'm looking forward to maybe getting a job within a solar company."

To meet growing demand, two-year colleges are launching or expanding green job training with money from the federal stimulus package.

Students and schools are betting that President Barack Obama's campaign to promote alternative

energy and curb global warming will create millions of well-paying green jobs that do not require a four-year degree.

Gastelo, 32, is learning how to install solar power systems at San Jose City College, which has long waiting lists for such classes.

But the steep economic downturn has not spared the green energy industry, which had been expanding rapidly before the financial crisis. Many renewable-power firms are now canceling projects, laying off workers or selling themselves to competitors.

Many newly trained workers are having trouble finding jobs, and some people worry that schools could end up producing too many workers. **TERENCE CHEA (AP)**

43
The amount of revenue, in billions of dollars, the renewable energy industry generated in the U.S. in 2007.



WINE Herbal Kick U.S. researchers say they have found evidence that Egyptians spiked their wine with medicinal herbs as long as 5,000 years ago. A chemical analysis of pottery dating to 3150 B.C. shows herbs and resins were added to grape wine.

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Family: Seal Pics of Chimp Victim

Kin seek to block 'graphic' images of mauled woman

STAMFORD, CONN. | Attorneys for a Connecticut woman mauled by a chimpanzee asked a judge Monday to seal photos of the victim and her medical records from the public.

Matt Newman, an attorney for the conservator of Charla Nash, says Nash's right to privacy overrides the public's right to see her injuries. The photos and records will be evidence in Nash's \$50 million lawsuit against chimp owner Sandra Herold.



Attorney Charles Willinger puts his hand on the shoulder of Michael Nash, the brother of chimp attack victim Charla Nash, after a hearing Monday in Stamford, Conn.

"They're extremely graphic, naturally," Newman said of the photos. "There is an overriding

privacy concern with regard to the family members of Ms. Nash and in particular her daughter."

Nash lost her hands, nose, lips and eyelids in the Feb. 16 attack, doctors at Ohio's Cleveland Clinic have said. She will be blind for life and faces two years of surgical procedures.

She has made significant neurological and psychological improvement and is awake and able to communicate with her family and caregivers, her doctors have said.

Herold's attorneys did not object to the request to seal the photos and records, and Stamford Superior Court Judge Edward R. Karazin Jr. scheduled an April 27 hearing to discuss the request.

JOHN CHRISTOFFERSEN (AP)

Man Indicted in Rampage at N.C. Nursing Home

CARTHAGE, N.C. | A North Carolina grand jury leveled eight murder charges Monday against a man arrested after a deadly March 29 rampage that killed eight people at a nursing home last month.

The panel indicted Robert Kenneth Stewart, 45, in the deaths of seven nursing home residents and a nurse at the Pinalake Health and Rehab Center in Carthage. The grand jury also indicted Stewart on a charge of attempted murder in the wounding of police officer Justin Garner, who shot Stewart in the chest inside the nursing home. Garner was shot in the leg. (AP)

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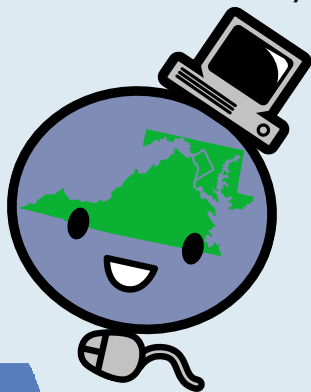
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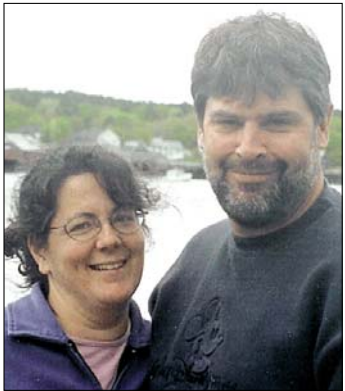
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U.S. General Services Administration



Sea captain Richard Phillips, right, is seen with his wife, Andrea Phillips.

Captain's Wife Says Thank You

Spouse of seaman issues first statement on successful rescue

BURLINGTON, VT. | The wife of sea captain Richard Phillips says her husband considers the U.S. military the "real heroes" of his ordeal.

Hoarse from laryngitis and making her first public appearance since Phillips' dramatic rescue at sea, Andrea Phillips, 51, thanked the military, supporters and President Obama, who approved the sniper operation that killed three pirates.

"You have no idea, but with Richard saved, you all just gave me the best Easter ever," she said in a statement.

She was flanked by her 19-year-old daughter, Mariah; 20-year-old son, Daniel; and the captain's mother, Ginny Phillips.

With Andrea Phillips' voice cracking, Alison McColl, a representative of the captain's employer, read the statement as Phillips held hands with her daughter.

McColl said Phillips had spoken to her husband earlier Monday.

She quoted him as saying: "I am just a small part of this. The real heroes of the story are the U.S. military." (AP)

In Brief

ISLAMABAD

Pakistani President Signs Deal for Islamic Law in NW

Pakistan's pro-U.S. president signed a regulation late Monday to put a northwestern district under Islamic law as part of a peace deal with the Taliban, after coming under intense pressure from members of his own party and other lawmakers. Asif Ali Zardari's signature was a boon for Islamic militants who have brutalized the Swat Valley for nearly two years in demanding a new justice system. (AP)



Paraguayan President Fernando Lugo speaks at a press conference Monday.

ASUNCION, PARAGUAY

Bishop-Turned-President Admits Fathering a Child

Paraguayan President Fernando Lugo admitted Monday he is the father of a child conceived while he was still a Roman Catholic bishop. Lugo acknowledged he had an intimate relationship with Viviana Carrillo, the child's mother — five days after lawyers for Carrillo said they were filing a paternity suit against him. "I assume all responsibilities ... and recognize the paternity of the child," Lugo said. (AP)

BERLIN

No Changes at Berlin Zoo After Bear Attacks Woman

The Berlin zoo doesn't plan to change security measures even after a polar bear attacked a woman who managed to jump into the bear's enclosure last week, an incident caught on video. "It is already safe," zoo spokesman Heiner Kloes said Monday. The woman, who has not been identified, was bitten on her arms, legs and back, and is still recovering at a hospital. (AP)



Thai anti-government demonstrators protest in central Bangkok on Monday. Protesters clashed with troops and residents.

2 Die in Bangkok Clashes

Protesters vow 'final stand' vs. government as violence continues

BANGKOK | Anti-government demonstrators vowing a "final stand" unless the government resigns fought bloody street battles with troops Monday, and then clashed with residents angry about the disruptions, killing two people.

During the day, troops drove back rampaging protesters with warning shots from automatic weapons, and by nightfall clashes that gripped several parts of the city, wounding 113 people, had ebbed. But as the demonstrators tried to make their way back to their base, deadly fighting erupted between them and residents.

Prime Minister Abhisit Vejjajiva praised the efforts of security

200,000

jobs in Thailand's tourism industry are at risk due to the recent protests, said Kongkrit Hiranyaki, chairman of the Tourism Council of Thailand.

At least 12

countries, including the U.S., have issued travel warnings urging citizens to avoid visiting Thailand.



A Thai soldier holds a rose offered by protesters in Bangkok on Monday.

forces, saying they "prevented as much damage as possible," though ousted former Prime Minister Thaksin Shinawatra — the man most protesters consider their leader — accused the military of covering up the number of people killed in the day's battles.

Abhisit said the news that two people had been killed and 12 wounded in a gunbattle at Nang Lerg market was "regrettable." But he said that "with the cooperation of the public, I believe success [in restoring peace] is near."

Political tensions have simmered since 2006 when Thaksin was ousted by a military coup amid accusations of corruption and abuse of power. He remains popular in the countryside for his populist policies. AMBIKA AHUJA (AP)

Lawmaker Escapes Somali Attack

Assailants fire shells at U.S. congressman's plane; 19 Somalis hurt

MOGADISHU, SOMALIA | Assailants fired mortar shells at the Mogadishu airport as a plane carrying an American congressman took off, a police officer said. The plane departed safely, but 19 Somalis were reported wounded in surrounding residential areas.

U.S. Rep. Don Payne, D-N.J., chairman of the House subcommittee on Africa, said he didn't learn of the shelling until his plane landed in Nairobi, Kenya,



An injured man is rushed to a hospital after an attack in Mogadishu, Somalia.

after the flight from Mogadishu, one of the most dangerous cities in the world.

Payne told CNN that he traveled to Somalia alone on a commercial flight. He confirmed the State

Department's report that he had been warned of the security problems in Somalia but said he felt the visit was necessary. "I believe that a stable Somalia is really a key to a stable Africa," he said.

Payne said before leaving Mogadishu that he met with Somalia's president and prime minister during his one-day visit to discuss piracy, security and cooperation between Somalia and the U.S.

None of the six mortar shells fired Monday landed on the airport as the plane carrying Payne took off safely, said Col. Mohamed Idi, a police officer at the airport.

MOHAMED OLAD HASSAN (AP)

Mexico Debates Legalizing Pot

MEXICO CITY | Mexico's Congress opened a three-day debate Monday on the merits of legalizing marijuana for personal use, a policy backed by three former Latin American presidents who said a crackdown on drug cartels is not working.

Although President Felipe Calderon has opposed the idea, the unprecedented forum shows legalizing marijuana is gaining support in Mexico.

Such a measure would be sure to strain relations with the United States at a time when the countries are stepping up cooperation in the fight against drug trafficking. (AP)

Inferno Kills 21 in Poland

Fast-moving flames ravage 3-story shelter for homeless families

KAMIEN POMORSKI, POLAND | Survivors of a fire that killed 21 people at a three-story shelter for homeless families in Poland on Monday described a fast-moving inferno that forced some to jump from windows into trees.

Six of the victims were children and another 20 people were injured, most of whom sustained broken bones after leaping from the building to escape the blaze in the city of Kamien Pomorski.

Poland's president, meanwhile, raised questions about whether the



A man collects his belongings in front of a three-story shelter for homeless families that was destroyed in a massive fire on Monday in Kamien Pomorski, Poland.

building met fire regulations. He suggested flammable construction material may have contributed to the fire's speed and intensity.

Survivors' accounts appeared to support that. "I couldn't breathe.

... The door was on fire because it was essentially made of paper," a survivor said in footage shown on TVN24 television.

The cause of the fire was under investigation. JADWIGA KWIDZINSKA (AP)

160K

THE VALUE, in dollars, of diamond necklaces and bracelets that a Mumbai jewelry store worker gave away to a con man on Saturday after she had reportedly been hypnotized to do so, Agence France-Presse said. Police are studying security cameras to find the con man.



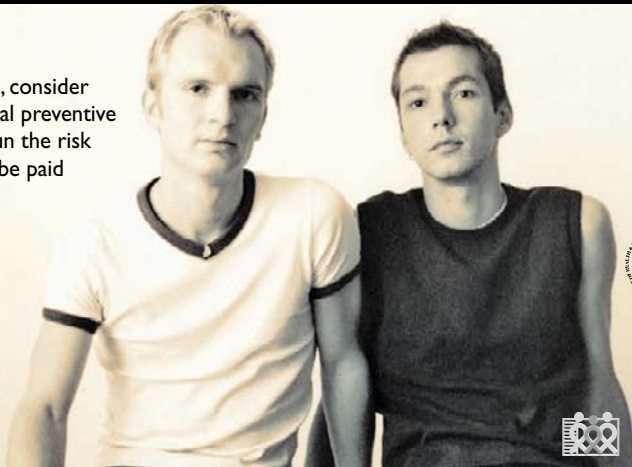
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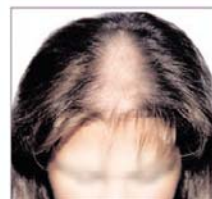
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World

U.N. Condemns N. Korean Launch

Security Council vows extra sanctions, urges an end to missile tests

UNITED NATIONS | A week after North Korea's rocket launch, the U.N. Security Council on Monday condemned the action, demanded an end to missile tests and said it will expand sanctions against the reclusive communist nation.

The council's statement, agreed on by all 15 members and read at a formal meeting of the United Nations' most powerful body, said the April 5 launch violated a council resolution adopted after the North conducted a nuclear test explosion in 2006 that banned any missile tests by the country.

The statement was a weaker response than a U.N. resolution, which was sought by Japan and the United States but was opposed by

China and Russia. U.S. Ambassador Susan Rice insisted the statement is legally binding, but other officials disagreed.

North Korea warned earlier that any move to censure it at the U.N. could prompt its withdrawal from talks on dismantling the regime's nuclear weapons program. The North's talks with the U.S., China, Japan, South Korea and Russia are stalled.

In the statement, the Security Council expresses the council's desire "for a peaceful and diplomatic solution to the situation" and to achieve "the verifiable denuclearization of the Korean peninsula."

U.N. Secretary-General Ban Ki-moon welcomed the council's statement because it "sends a unified message of the international community on the recent launch," U.N. spokeswoman Michele Montas said. EDITH M. LEDERER (AP)

NETHERLANDS | GOING DUTCH



IN THE RED: Tourists pose for pictures in a garden filled with tulips near the Keukenhof international flower exhibit in Lisse, Netherlands, on Monday.



SCIENCE Planet's Apes Conservationists have discovered a new population of orangutans in a remote, mountainous corner of Indonesia — perhaps as many as 2,000. A team surveying forests nestled between limestone cliffs on Borneo island counted 219 nests of the endangered apes. (AP)

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World

Hopping Angry Over Culls

Many Australians oppose plan to shoot kangaroos in capital

CANBERRA, AUSTRALIA | They bounce across the roof of Parliament House and collide with cars.

Canberra has a problem: too many kangaroos.

Authorities have tried giving them vasectomies and contraceptives, to no avail. They say trucking them to distant pastures is too expensive. Now they're proposing a cull. But many people are aghast at the idea of their famed marsupial's being shot en masse in the capital.

Maxine Cooper, environment



A group of kangaroos stand in a field near Canberra, Australia, in March.

commissioner for the government of the Australian Capital Territory, says the animals destroy the habitat of endangered species such as a lizard called the earless dragon.

Culls are nothing new. Barry Stuart, who runs a kangaroo abattoir 220 miles north of Canberra,

80

The percentage of Canberra residents who want the kangaroos to stay, a government poll found.

shoots more than 25 most nights.

But a cull in the capital is likely to be a different matter.

Last year, during a cull of about 400 kangaroos in Canberra, the protests were so heated that the killers had to work behind screens.

This time, the opposition will be no less vigorous, warns Pat O'Brien, president of the Wildlife Protection Association of Australia. "It's disgraceful that people want to shoot our national symbol," he said. ROD MCGUIRK (AP)

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Money

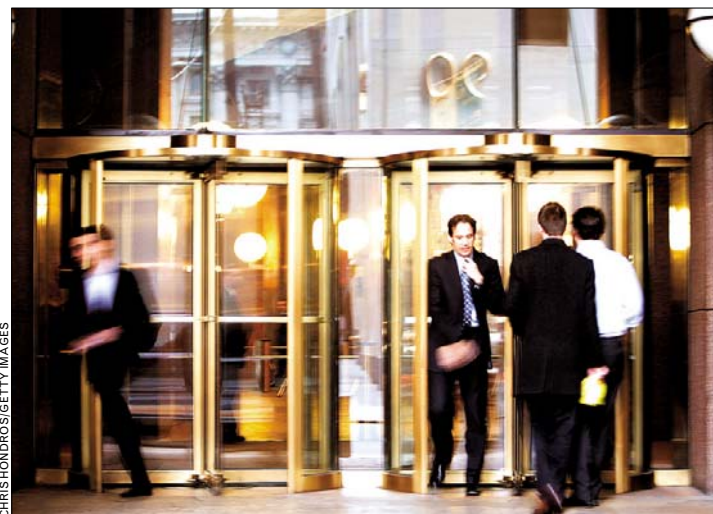
Goldman Turns Big Profit

Hopes for economic turnaround grow as bank beats estimates

NEW YORK | Goldman Sachs, in another sign that banks may be turning around, beat Wall Street's earnings expectations as it reported a profit of \$1.66 billion for the first three months of this year. The bank also said it planned to raise \$5 billion in stock to help it pay back government bailout funds.

The New York-based bank said it earned \$3.39 per share, easily surpassing analysts' forecasts for profit of \$1.64 per share.

Goldman's news, released a day earlier than anticipated, came days after another top-performing bank, Wells Fargo & Co., said it expected to report record first-quarter earnings of \$3 billion, well above Wall Street's estimates. That news fed a huge stock market rally Thursday, but with companies including Citigroup Inc. and Bank of America Corp. still to report their first-quarter results, it was too soon to say the banking industry was finally recover-



CHRIS HONDROS/GETTY IMAGES

Men walk in and out of the Goldman Sachs headquarters in New York City in December 2008. The bank reported a \$1.66 billion first-quarter profit on Monday.

ing from the devastating losses caused by the credit crisis and the recession.

Goldman's earnings improvement lends support to what bank CEOs have been saying in recent weeks: Business conditions have started to stabilize.

Encouraging words from several big bank CEOs that they were having a better quarter than most expected have helped fuel hopes for

an economic recovery — and led the stock market to its best four-week performance in more than 75 years. Many hinge the end of the recession on the health of the nation's banking system.

Goldman Sachs also declared a dividend of 35 cents, down from 46.7 cents but still a healthier payout than what many banks have been able to give shareholders.

SARA LEPRO (AP)

Bilked Madoff Investors in Court

Group claims it lost a total of \$64M in fraudulent scheme

NEW YORK | A small group of investors took Bernard Madoff to bankruptcy court on Monday, saying the disgraced financier bilked them out of nearly \$64 million.

A Manhattan judge cleared the way for the newly filed Chapter 7 petition last week by granting a request from the same investors to lift a temporary order barring bankruptcy for Madoff. They had argued that a bankruptcy case was needed to protect their rights amid an ongoing scramble to seize his assets.



MARY ALTAFFER/AP

Financier Bernard Madoff, 70, pleaded guilty to federal fraud charges in March.

Madoff, 70, pleaded guilty last month to federal charges his secretive investment advisory service actually was a multibillion Ponzi scheme

Federal authorities already have begun forcing Madoff to forfeit property they allege was paid for by his fraud. In addition, a court-appointed trustee is liquidating assets from his securities firm to help pay claims from thousands of burned investors.

The investors who sought bankruptcy believe it was the best way to make sure "all the property available would go to the victims," their lawyer, Jonathan Landers, said Monday.

They include a general partnership in Florida that claims it lost \$30.2 million and another Madoff client who says he lost about \$29 million in personal and charitable trust accounts. (AP)

Legal Work Not Recession-Proof

Attorneys are being laid off in droves at nation's top law firms

WASHINGTON | In America, there are always people to sue or contracts to negotiate, right? Apparently, there aren't enough.

The recession is taking a steep toll on the legal profession, an industry long seen as immune to

the ups and downs of the economy. Trying to weather the financial crisis, the nation's largest law firms are laying off attorneys and delaying the hiring of others.

"A lot of people go into the law because it's one of those professions where you're always going to have work. There aren't typically big layoffs," said Samuel Smith, an attorney in Charlotte, N.C., who recently became unemployed.



Lawyer Tim Brown of Alexandria, Va., has been seeking a job since March.

"Realistically, I don't think people saw this coming."

Just how bad is it out there?

The Labor Department said the number of unemployed lawyers jumped 66 percent last year to a 10-year high of 20,000.

The first time this year that three consecutive business days passed without one of the nation's top law firms' announcing job cuts came in mid-March, according to

the Web site Lawshucks.com. It has counted 3,149 lawyer layoffs — just in the big firms, just in the first three months of the year.

"My computer is about to die with the amount of resumes I've sent out," said Tim Brown, 32, a lawyer in Alexandria, Va.

Brown was laid off from his job with the National Auto Dealers Association in March and has sent out hundreds of resumes. The response?

"We've received your resume. Thank you very much," Brown said. JESSE J. HOLLAND (AP)

Frugality Rules This Tax Season

AP poll: Majority of Americans say they'll pay bills with refund

WASHINGTON | Most people say they plan to use this year's tax refund to pay bills, opting to be more frugal with their annual windfall in a

sour economy

5
The percentage of Americans in the poll who said they plan to use their tax refunds to go on a shopping spree.

Fifty-four percent of Americans receiving tax refunds said they intend to pay off credit card, utility, housing and other bills, according to an Associated

Press-GfK poll released on Monday. That compares with 35 percent who said the same thing in 2008.

Only 5 percent, about the same as a year ago, said they planned to go on a shopping spree with the windfall.

The survey found that 38 percent of those receiving a refund said they plan to spend at least part of it. But a good portion of the spending appears to be for basic needs: 17 percent said they would use the money for everyday items such as food and clothing. ANN SANNER (AP)

Are You At Risk for Parkinson Disease?

Researchers at the NIH are doing an experimental study to test whether "biomarkers" can predict whether people who have certain risk factors will develop Parkinson disease (PD). Biomarkers are objective measures of a normal or disease process. Biomarkers may also provide means to track progression of the disease and to test new treatments.

You may be eligible for this study, if you are an adult who has a strong family history of PD, a known genetic abnormality associated with PD, loss of sense of smell (which is very common in PD), a particular type of sleep disorder called REM Behavior Disorder, or persistent, consistent orthostatic hypotension (a fall in blood pressure when standing up).

The testing is done at the NIH Clinical Center, in Bethesda, MD. There are four phases—registration via a website, a screening examination at the NIH Clinical Center in Bethesda, MD (about 4 hours), inpatient clinical laboratory testing (2-3 days), and long-term follow-up testing (2-3 days each, up to 5 visits separated by about 18 months).

There is no cost for participation or any tests associated with the research. You may be paid for participating in this study. Travel required for the inpatient clinical laboratory testing and follow-up are at no charge. The study does not involve a clinical trial of a new drug or treatment.

For more information about this study, please visit the website, <https://pdrisk.ninds.nih.gov>. The e-mail address of the Principal Investigator, Dr. David S. Goldstein, is goldsteind@ninds.nih.gov.



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In Brief



JONATHAN NEWTON/TWP

Under a proposed plan, the Preakness Stakes race would remain in Baltimore.

ANNAPOLIS, MD.

Md. Lawmakers Send Bill For Preakness to Governor

The Preakness Stakes horse race would have extra protections to remain in Baltimore under a plan approved Monday by the General Assembly that would allow Maryland to buy the second leg of the Triple Crown to prevent it from being moved. The Maryland House of Delegates voted 93-43 to pass a measure already advanced by the state Senate. Gov. Martin O'Malley, who proposed the emergency legislation last week, is expected to sign it as the legislative session winds down. (AP)

ALEXANDRIA, VA.

Former N.Y. Rep. Pleads Guilty to Drunken Driving

Former New York congressman Vito Fossella has pleaded guilty in Virginia to driving under the influence of alcohol. His lawyer told the New York Daily News that Fossella decided on Monday's plea because he was moved by the



Fossella

death of Maryland native Nick Adenhardt. The Los Angeles Angels pitcher was killed in a car crash caused by a suspected drunken driver. Fossella decided not to seek re-election after his arrest led to revelations he'd fathered a child during an affair. Fossella is expected to begin his sentence next weekend. It is five days, with credit for one day served. (AP)

Bloomberg-Backed Ad Hits Va. TV

GOP gubernatorial nominee McDonnell targeted for gun views

New York Mayor Michael Bloomberg joined with victims and relatives of the Virginia Tech massacre in Arlington Monday — just days before the second anniversary of the campus shooting — to speak against a loophole in state law that allows private sellers at gun shows to sell firearms without conducting background checks.

They also aired a preview of a TV commercial targeting Republican gubernatorial nominee Robert F. McDonnell, who has not supported closing the loophole.

"Make no mistake about it: This is not a partisan issue. This is not a geographic issue," Bloomberg said. The issue, he said, is whether lawmakers want to protect criminals or the public. "Who are you going to support: the good guys or the criminals? You and me, or them?"

Bloomberg is a major financial contributor to the advocacy asso-



Bloomberg



McDonnell

ciation Americans United for Safe Streets, which plans to release the commercial targeting the loophole and McDonnell on Tuesday.

After the 2007 massacre, McDonnell and Virginia Gov. Tim-

othy M. Kaine, a Democrat, worked to close a legal loophole that allowed the shooter, Seung-Hui Cho, to pass official background checks when he legally purchased his two firearms from Virginia gun shops.

Cho was a student with mental health problems who killed 32 people on April 16, 2007, before taking his own life.

The type of purchase Cho made is separate from the gun show issue spotlighted in the new TV ad. THERESA VARGAS AND ANITA KUMAR (THE WASHINGTON POST)



D.C. Council Chairman Vincent C. Gray said the council was due tickets to the Nats' home opener, but Mayor Adrian Fenty, above, wouldn't hand them over.

D.C. Council: Fenty Is Hoarding Nats Tickets

For the second year in a row, D.C. Council members say Mayor Adrian M. Fenty is holding hostage the baseball tickets to their suite at Nationals Park.

Council Chairman Vincent C. Gray said the council was due 19 tickets to Monday's home opener. According to the city's agreement with the Nationals, Gray says, the council has use of Suite 61 at Nationals Park, so members can take in games or distribute tickets to constituents.

Last year, Fenty came into possession of the council's tickets but

apparently decided to hand them out only to select members with whom he got along. In a show of unity, all of the council members refused to accept tickets from Fenty. Now, Gray said, Fenty is once again refusing to hand over the tickets.

"It's deja vu," Gray said. "We were assured this fiasco would not happen again and here we are with no tickets. ... People want to see their city moving forward, and see the council and mayor working together. It's these kinds of issues that make it really difficult."

TIM CRAIG (THE WASHINGTON POST)

The Lotteries

Monday, April 13

DISTRICT

Mid-day Lucky Numbers	8-0-6
Evening Lucky Numbers (Sun.)	7-9-2
Mid-day DC 4	6-3-1-2
Evening DC 4 (Sun.)	6-4-1-8
Rolling Cash Five (Sun.)	2-4-11-15-16
Daily 6 (Sun.)	15-16-24-25-27-29 (4)

All winning numbers are official only when validated at a lottery ticket location or a lottery claims office. Drawings that occur after Express's deadline will be published two days later.

MARYLAND

Mid-day Pick 3	5-2-3
Evening Pick 3 (Sun.)	2-4-8
Mid-day Pick 4	9-8-0-9
Evening Pick 4 (Sun.)	1-2-2-2
Match 5 (Sun.)	15-22-23-25-32 (31)

VIRGINIA

Mid-day Pick 3	8-5-0
Evening Pick 3 (Sun.)	6-8-7
Mid-day Pick 4	5-9-0-2
Evening Pick 4 (Sun.)	5-1-1-7
Mid-day Cash 5 (Sun.)	4-5-7-14-21
Evening Cash 5 (Sun.)	1-8-12-20-26

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Home Not So Sweet for Nationals

Late push not enough for only club in majors still without a victory

NATIONALS | Before Monday's home opener, the Washington Nationals spoke about being happy to finally be off the road, about knowing they aren't as bad as their record, about how long the season is.

Then the Nationals went out and lost 9-8 to a Philadelphia Phillies club mourning the pre-game death of longtime broadcaster Harry Kalas. Ryan Howard, Raul Ibanez and Shane Victorino homered for Philadelphia, three errors by Washington contributed to three unearned runs, and the Nationals fell to 0-7 — still the only club in the majors without a victory.

At least Washington gave its fans something to cheer about late: Ryan Zimmerman hit a two-run homer off Phillies closer Brad Lidge, who hasn't blown a save since 2007.

But Lidge struck out Adam Dunn and Elijah Dukes before Nick Johnson grounded out to first

PHILLIES	0	2	1	1	0	0	4	1	0	9
NATIONALS	1	1	0	1	1	0	2	0	2	8



Washington Nationals second baseman Anderson Hernandez commits one of his two errors in Monday's home opener. The Nats fell to 0-7 with a 9-8 loss to Philly.

base to end it. It's Lidge's third save this season and 47th consecutive converted chance.

Howard's first homer of 2009, a three-run shot off reliever Saul Rivera (0-1), broke a 4-all tie in the seventh inning. One out later, Ibanez hit his third of the season, making it 8-4.

**PHILLIES AT NATIONALS**

1

APRIL 13
Phillies 9,
Nats 8

2

APRIL 15
7 P.M.
MASN

3

APRIL 16
7 P.M.
MASN

Jamie Moyer (1-1), the slow-throwing lefty still going at 46, earned the victory, allowing four runs and eight hits in six innings. He allowed Dukes' solo shot in the fifth that tied it at 4.

Dunn hit his second homer of the season off Clay Condrey in the seventh, a two-run shot into the visiting bullpen in left-center that got the Nationals within two. But Victorino's sac fly in the eighth restored the three-run lead. (AP)

Mark 'The Bird' Fidrych Found Dead at Age 54

OBITUARY | Former All-Star pitcher Mark "The Bird" Fidrych has been found dead in an apparent accident at his farm in Northborough, Mass. He was 54.

Worcester County district attorney Joseph D. Early Jr. says a family friend found Fidrych about 2:30 p.m. Monday beneath a pickup truck. He appeared to be working on the truck, Early said.

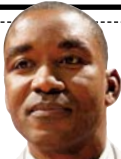
The colorful right-hander was the American League rookie of the year in 1976 when he went 19-9 with a 2.34 earned run average. (AP)

TODAY'S TV LINEUP

ORIOLES (8 P.M. ON MASN) With the Nats off, get your baseball fix with the Baltimore Orioles facing the Texas Rangers in game 2 of their series.

NBA (8 P.M. AND 10:30 P.M. ON TNT) The Celtics try to rebound from their blowout loss to Cleveland when they visit the 76ers, followed by the Lakers hosting the Jazz.

SOCCER (2:30 P.M. ON ESPN2 AND 5 P.M. ON ESPNCSSIC) Chelsea has a 3-1 advantage heading into leg 2 of its Champions League quarterfinal match against Liverpool, and Barcelona visits Bayern Munich.



COACHING Going South? Isiah Thomas is in discussions to possibly become the next men's head basketball coach at Florida International University, CBSSports.com reported on Monday. Thomas, an NBA Hall of Famer, most recently coached the New York Knicks and was an executive in the team's front office. Previously, Thomas was head coach of the Indiana Pacers. Thomas has a career coaching record of 187-223 in five total seasons in the NBA, including a record of 5-10 in the playoffs.

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Sports

Saunders a Bad Fit for Wiz

Wilbon: Grunfeld should find tougher coach to tame Arenas

WIZARDS | Flip Saunders is a perfectly reasonable choice for a team to hire as its head coach. I'm just not sure he's the right fit for the Washington Wizards.

Saunders' credentials are beyond question. In Minnesota and in Detroit, his teams on offense were both creative and effective, which certainly plays to the strength of the Wizards'

“Nobody is going to confuse Saunders with being heavy-handed, or authoritarian.”

roster. He's no stranger to playoff pressure, having coached both the Timberwolves and Pistons into their respective conference finals. He's not self-absorbed or a high-strung egomaniac.

In fact, Saunders is a bright, engaging man, a guy you like to see walking into the room. But that's where my reservations begin — not about Saunders, but about the situation he's walking into. Nobody's going to confuse Saunders with



Flip Saunders is rumored to be the top choice to coach the Wizards next year.

SAUNDERS' UPSIDE

- A creative offensive mind, Saunders led the Timberwolves and Pistons to their respective conference finals.
- He is known as a players' coach because he is not an egomaniac.

HIS DOWNSIDE

- While he dealt well with Kevin Garnett, Saunders struggled with the volatile Rasheed Wallace.
- Saunders is known for not paying enough attention to defense.

being heavy-handed, or authoritarian, which is fine for most of the Wizards.

But there's somebody else, somebody making \$111 million, who, it seems to me, needs a tougher nut in the corner office, somebody cut from the cloth of Pat Riley or Greg Popovich. I've been hoping Ernie Grunfeld would hire somebody who has the same highlights on his resume as Saunders but with a different personality, with a demeanor that occasionally puts Gilbert Arenas back on his heels, which (trust me) would also draw a smile from the rest of the Wizards.

I know such a coach. And since he's sitting next to me on a TV set all too often, I know he's available. His name is Avery Johnson. He took the Dallas Mavericks to the NBA Finals three years ago and was Popovich's general on the floor, directing David Robinson and Tim Duncan. Johnson is tough as nails, and the Wizards — OK, Arenas — need a dynamic force, not simply a terrific coach. The Wizards need a guy who can be a tornado once in awhile, clearly in practice. Johnson would be my choice. **MICHAEL WILBON** (THE WASHINGTON POST)



The Washington Post

For more of Wilbon's column, including why the Wizards' job would be appealing to most coaches | **Today's Sports**

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Sports

In Brief



James Harrison, right, set a record with his 100-yard TD in the Super Bowl.

NFL Steelers' Harrison Set To Sign Huge Contract

Pittsburgh Steelers linebacker James Harrison has reached terms on a \$51.75 million, six-year contract that will make the NFL defensive player of the year the second highest-paid player in franchise history. The contract set to be announced Tuesday will pay Harrison a guaranteed \$20 million — more than any other player in team history except Ben Roethlisberger. Harrison had a Steelers-record 16 sacks in 15 games last season, and his 100-yard interception return for a TD in the Super Bowl helped the Steelers beat Arizona. (AP)

NHL Avalanche Fires GM After Finishing Last in the West

The Colorado Avalanche has fired general manager Francois Giguere after the team finished last in the Western Conference. Team president Pierre Lacroix on Monday called the season “unacceptable.” He will oversee the Avs until a replacement is hired. This is the first time the team has come in last in the conference since the franchise relocated to Denver in 1995. (AP)

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Sports

Swengali

THE CAPITALS | BY MATT SWENSON, MATT.SWENSON@READEXPRESS.COM

Expectations Rise for Caps

ALL THAT COULD GO RIGHT, as they say, has for the Washington Capitals this season.

A disappointing loss in Saturday's finale in Florida aside, the Caps had a great season, in which they earned the No. 2 seed in the Eastern Conference.

Mike Green and Nicklas Backstrom emerged as stars, while Alex Ovechkin made a compelling case for a second-straight MVP award.

But all of that means absolutely nothing — at least for now.

Making the playoffs was an accomplishment last year, especially given the early season hole Washington had to dig out of.

That has not been the case



Owner Ted Leonsis looks on during a sellout at the Capitals' home finale.

this year. This team was expected to perform at a high level, and it has exceeded expectations to a degree.

Naturally, a progression in the

postseason is the goal.

Unlike a year ago, Ovechkin and company have playoff experience. They should have no excuses when facing the New York Rangers in the opening round.

Sean Avery makes the Rangers dangerous, yet to become a cham-

Clearly, the nation's capital has come to think of this group as one worth investing in.

pionship contender, the Capitals have to beat such challengers.

Clearly, the nation's capital has come to think of this group as one worth investing in — both through emotions and enough cash to sell out Verizon Center regularly.

A trip to the Stanley Cup finals may not be necessary to quell such hopes, but another step toward a championship should be expected. Game on.

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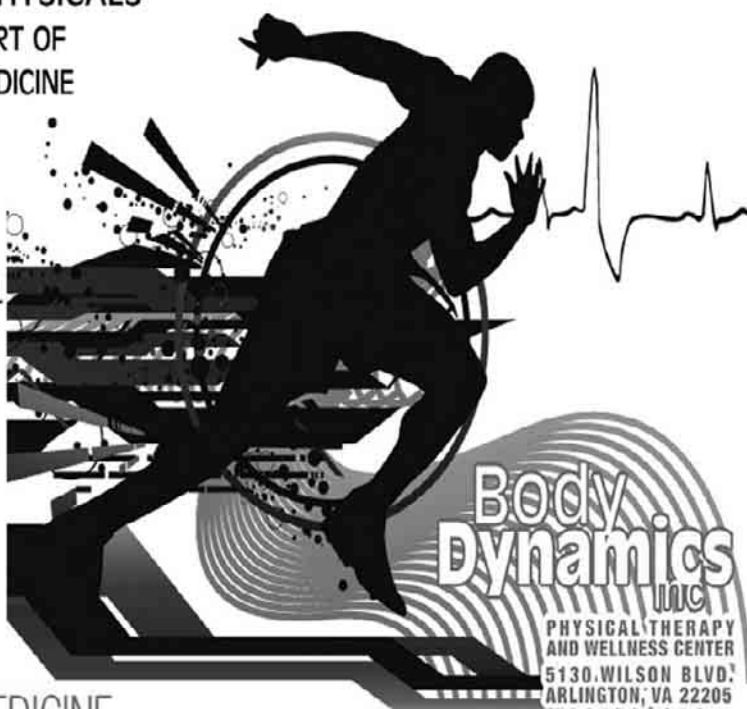
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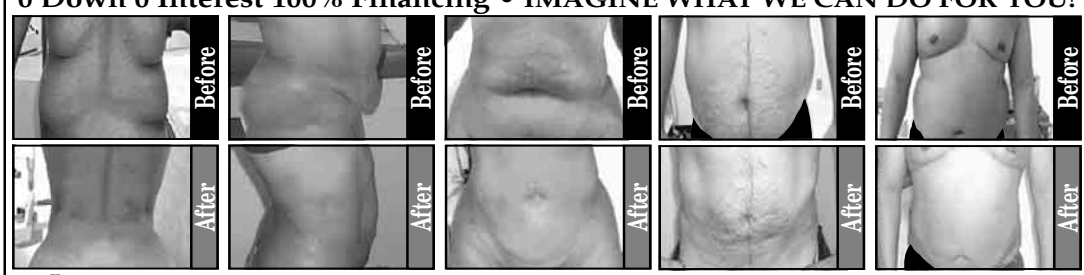
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After study completion, NIMH will provide short-term follow-up care, and then you will return to the care of your own provider.



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Sports

Phillies Lose 'Voice' With Death of Kalas


OBITUARY | Longtime Philadelphia Phillies broadcaster Harry Kalas, who punctuated innumerable home runs with his "Outta here!" call, died Monday after being found passed out in the broadcast booth before a game against the Washington Nationals. He was 73.

"We lost our voice today," team president David Montgomery said, his voice cracking.

Kalas had surgery earlier this year for an undisclosed ailment that the team characterized as minor.

Kalas joined the Phillies in 1971. Before that, he was a member of the Houston Astros' broadcast team from 1965 to 1970. In 2002, he received the Baseball Hall of Fame's Ford C. Frick Award for his contributions to the game.

Kalas lent his sonorous voice to everything from puppies to soup. He did work for NFL Films, and was the voice for Chunky Soup commercials and Animal Planet's annual tongue-in-cheek Super Bowl competitor, the Puppy Bowl. (AP)



Kalas

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SF Seeks Lying Lowlife Scum For Parenthood

Q My best friend let it slip that she is expecting. The baby is a result of a drunk-en tryst. She's had a roller-coaster relationship with the father, who left her to reunite with his former girlfriend. He has lied to her and stolen money from her, and yet she still believes that, because of the baby, he will come back. — HELP!

Friends can make us crazy. Not just by their desire to drag us to the likes of "2 Fast 2 Furious," but by making bad, self-sabotaging choices or having irrational beliefs that force us to watch from the sidelines in horror.

Your friend is in the throes of a very stressful situation. It's not surprising that she's struggling to



"Girl, you can trust me. I'll even put my two fingers up like *this* to prove it."

ERIC REECE

deal with it in a levelheaded way, and, right now, more than bashing her reasoning, you can help her by being a support for her (and possibly this child) when the inevitable day of reckoning comes. You need not lie nor keep your opinion total-

ly quiet. Express your concerns briefly and gently, and use them as a way to encourage her to build up other strengths and goals that don't involve Mr. Larceny, but then focus on being there for her (she's going to need it).

Is Cheating a Life Sentence?

Q I have heard people say, "Once a cheater, always a cheater." I've been married for 14 years to a man who is sensitive, caring and a good provider but, yes, has cheated. I forgave him but never forgot. The problem is we've not been intimate for more than six months, and I'm wondering whether the old saying is true. It's really hard for me to initiate anything, as I don't have any desire, and he never even tries. How long can someone go without before looking elsewhere? Do you think he already has? — WONDERING IN WOODBRIDGE

I assume you got through that awful time with a lot of honest, patient communication. Now is no different. Just when you feel like closing in, that's exactly when you need to open up. There are many reasons he may have stopped initiating physical intimacy, not the least of which is that maybe he's

picking up on your lack of desire. And, yes, there's the possibility that he's fallen into an old pattern. But as a psychologist and not an astrologist (the diploma mill misprinted my degree), there's no way I can tell you. I can only encourage you to talk it out.

You may have hoped I'd tell you to expect the worst (or give you reason to hope for the best), but I'll argue that regardless of whether the problem is named Sheila, there's still a problem. A lack of physical and emotional intimacy and honest, trusting communication can spell just as much doom for a marriage as an unidentifiable pair of undies. Bring up your concerns about the distance you're feeling, and go from there. And don't hesitate to find a more supportive and open place to talk — a therapist's office — either jointly or alone.

@ Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at baggage@readexpress.com. This column is not a substitute for one-on-one care.

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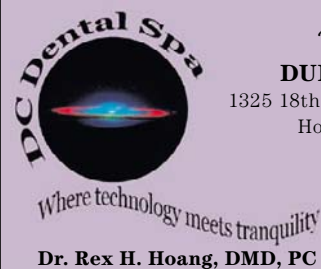
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Perlabella PureDose Pearls (\$20, Walgreens.com) look like weensy champagne bottles. But when you snap the little plastic-y things open, you get a squirt of Retinol and vitamin A meant to stimulate collagen production. Though the stuff felt greasy when applied, it resulted in smoother-feeling skin a few hours later.



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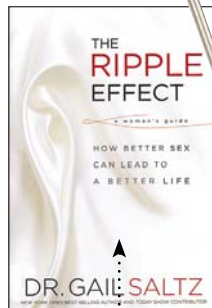
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RIPPLE PLAY

You won't find the secret to bedroom success in a naughty game lifted from Cosmo. It's in your head, as psychiatrist Gail Saltz explains in "The Ripple Effect: How Better Sex Can Lead to a Better Life" (\$22.95, Rodale). And thinking about how you feel can improve the way it feels.



YES, WE CANE

Is it a wanton plea for attention or a true effort to be more healthful? Snapple's makeover is probably a mixture of both. The venerable (37 years old and counting) beverage's new formula has fewer calories and swaps the much-reviled high-fructose corn syrup for plain old cane sugar.

GUINEA PIG



Nuke Only What Comes Naturally

■ Label readers in the frozen food aisle used to focus on just one number: the calories. But as they've become more nutritionally savvy, they've started freaking out about unpronounceable ingredients and a lack of vitamins. Healthy Choice figures they'll like what they see on the back of its new All Natural Entrées line (\$2 to \$2.49, grocery stores), six meals touting the use of extra virgin olive oil, whole grains and tomatoes.

How about what's in the boxes? Not bad—the portobello spinach Parmesan was a bit watery, and the pumpkin squash ravioli didn't look nearly as pretty as it did in the picture. The lineup is pasta-heavy but tasty. One odd thing, though: None of meal descriptions mentions meat, but several include chicken broth. So, vegetarians, watch out.

VICKY HALLETT (EXPRESS)

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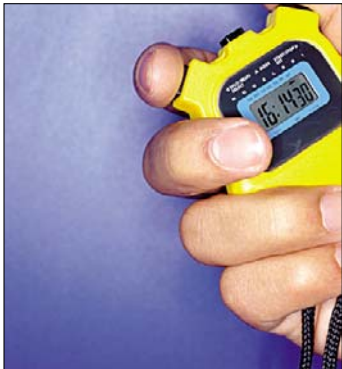
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Crunched for Time But Not Crunches

■ You don't have much time — or money. Then you're a candidate for the new express training program at Mint Fitness (1724 California St. NW, 202-328-6468, Mintconditionyourself.com). The 25-minute sessions rely on calorie-scorching circuit training, so you can shrink your bottom line (they start at \$39 each) along with the rest of you. "These are higher intensity for a shorter period of time. We're not messing around," says training department director Tanya Colucci.

Other gyms already offer similar shortened sessions. But to make them count, you can't waste time. Sarah West, lead trainer at the local Results chain (Resultsthegym.com, where quick workouts also start at \$39), recommends warming up on your own. "I don't want to spend 10 minutes standing next to a treadmill anyway," she says. And clients had better do the muscle-building homework she gives them if they expect to see improvement. That's just the price you have to pay for a good deal on a good body. v. h.

VITALSTATS

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THE PERCENTAGE OF THE DAY THAT MORBIDLY OBESE PEOPLE IN A STUDY, ON AVERAGE, SPENT SLEEPING, LYING DOWN OR SITTING, SAYS CLINICAL CARDIOLOGY.



Christina Vink, right, demonstrates the Thomas Test (which reveals tightness in the hip flexors), one of the many components of the Body Dynamics fitness physical.

Time To Get Physical

Body Dynamics' exam focuses on posture, strength, balance and more

Not to knock the traditional medical checkup — all that peering into your ears, drawing your blood and prodding your flesh is important stuff — but it's weak in a particular area. And so are you. And that's the problem, says Jennifer Gamboa, owner of Arlington's Body Dynamics Inc., a physical therapy and wellness center (5130 Wilson Blvd., 703-527-9557, Bodydynamicsinc.com).

Everyone should leave their doctors' offices gripping detailed prescriptions for exercise, she says, but instead they're often given just vague recommendations without any idea of how to translate them into a plan. "People don't have enough data, and then once they have it, they don't know how to use it," she says.

So, she's promoting a new annual exam: the fitness physical. Based

on physical therapy principles, it tackles posture, strength, flexibility and cardiovascular capacity in an exhaustive way. The entire process takes an hour and 15 minutes one-on-one with a therapist, and usually costs \$175. But on April 25, Body Dynamics will host its first fitness physical drive, which will let multiple folks cycle through a series of stations and find out their results for \$99.

The concept isn't new to Body Dynamics; it's been performing a similar battery of tests on dancers from the Washington Ballet and other elite athletes for years. And,

we don't see it. If they're putting the time in, they're not being efficient," Gamboa says. "They don't know how hard they have to work." Even if their cardio is up to snuff — which it usually isn't — they don't realize they need to improve their balance or stretch their shoulders.

Probably the trickiest issue for clients is dealing with their medical history, which is why the first step is logging all of their past and present injuries. Depending on what they learn, the therapists know to skip certain tests that could aggravate problems, and they're clued in to look for certain issues in other body

“Many people tell us they exercise three to five times a week. But we don't see it. If they're putting the time in, they're not being efficient.”

yep, even the tutu set has found out some surprising things about their bodies. So, Gamboa knew it would be even more of a revelation for the general population.

“Many people tell us they exercise three to five times a week. But

parts. That knee pain might be due to tight quads, for instance.

Then comes the posture police — not just how well you stand, but how well your back responds to loading and twisting, and factors such as knee position and

foot function. Some of these issues might be unalterable, but they give the therapists guidelines for how to proceed. “We want to maximize the strongest foundation you can have,” says Christina Vink, the certified athletic therapist organizing the fitness physical event.

Strength testing doesn't involve lifting a single weight, but rather fighting against the therapist's pressure with upward of two dozen muscles to ferret out all of the imbalances. Vink can tell within two tests whether patients are right- or left-handed, based on which side of the body is stronger (and often tighter).

After a similarly thorough flexibility exam — plus push-up, balance, heel raise and functional performance tests — come the recommendations. Each person is walked through a booklet of exercises and leaves with a resistance band with which to perform them, so they can't rely on the “I-couldn't-get-to-the-gym” excuse.

When used properly, the physical can be more powerful medicine than anything that comes in pill form — and Gamboa will know for sure when patients come back for next year's checkup.

VICKY HALLETT (EXPRESS)

Ride and Seek

A better mood and awesome legs are 2 of the many benefits of biking

You were on to something when you proudly shed those training wheels. Here's why it's time to ride:

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Because cycling is low-impact, it's an oasis for runners or nearly anyone else with knee problems.

YOU'LL GET TONED LEGS.

"Turning the pedals over 5,400 times an hour gives you serious tone in your quads and calves," says Jenni Gaertner, coach of Riverstone Women's Racing, an elite team in Coeur d'Alene, Idaho.

To really engage those muscles, focus on your pedal stroke. "Try to make a perfect circle," Gaertner says. Push forward and then down with your quads. Pull back with your hamstrings, as if you're wiping mud off the bottom



of your shoe, and then use your calves and hip flexors to pull up and back.

YOU'LL BUST THE BLUES.

According to British researchers who looked at the mental benefits of indoor versus outdoor exercise, 71 percent of people who worked out outside said they felt less tense afterward, while 72 percent of indoor exercisers felt more stressed than before.

YOU'LL BECOME A BETTER DRIVER.

When you ride a bike, you engage your entire body and mind. That kind of full-body hypervigilance transfers to the steering wheel, and you become keenly aware of everything around you, Gaertner says. (REPRINTED WITH PERMISSION OF WOMEN'S HEALTH MAGAZINE © RODALE INC.)

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Here's the Sweet Lowdown

What you need to know about high-fructose corn syrup

In the grand tradition of nutritional scapegoating, high-fructose corn syrup has stepped into the spotlight as dietary enemy No. 1. It's an easy target. The corn-based sweetener is found throughout the American diet, in everything from sugary foods such as soda and cookies to savory products such as tomato sauce and salad dressing.

That's the problem, say critics who blame the vast quantities we consume for the nation's soaring rates of diabetes. But not everyone is convinced. Last June, the Corn

Since HFCS hasn't been used for that long, scientists don't know what the long-term effects of it are.

Refiners Association launched an ad campaign telling the other side of the story — namely, that HFCS is “made from corn [and] has the same calories as sugar.”

Here, we address the most common claims about HFCS and have experts weigh in so you can make the best choice for your health.



GETTY IMAGES

Proponents say: Table sugar and HFCS have the same number of calories.

THE VERDICT: “Gram for gram, table sugar and high-fructose corn syrup are equal in calories,” says Tanya Zuckerbrot, a New York City-based nutritionist. They are also equally sweet. And both consist of two simple sugars — fructose and glucose — in roughly the same proportions. Still, we know much less about the long-term effects of HFCS than about those of sugar. HFCS was invented in the 1960s and has been used extensively in consumer products since only the late 1970s. It may be too soon to say that HFCS and sugar (which has been consumed safely for thousands of years) are the same.

Proponents say: HFCS is natural.

THE VERDICT: Natural is relative, so think of it this way: HFCS would not exist without the aid of humans. The sweetener is made from cornstarch via a process that alters corn's naturally occurring starch molecules. For that reason, the Center for Science in the Public Interest protested an early version of the Corn Refiners Association ads that used the term “natural” in reference to HFCS.

Opponents say: HFCS contributes to diabetes risk.

THE VERDICT: Nothing really backs up the claim that HFCS is

responsible for diabetes. But we do know that excess calories — from any source — lead to weight gain, which plays a role in diabetes. Interestingly, research suggests that a diet high in fructose (the sugar found naturally in fruit) may lead to leptin resistance, a hallmark of diabetes — and, thanks to the ubiquity of HFCS, we are getting more fructose in our diets than ever before. Scientists are continuing to explore the possible link.

Opponents say: HFCS contains mercury.

THE VERDICT: Nearly half of the 20 HFCS samples tested in a recent study contained small amounts of potentially harmful mercury, according to a report in Environmental Health. Researchers think they know why: A compound known as caustic soda, which is used to separate the cornstarch from the kernel, can be tainted with mercury, and there's no way for you to know whether the caustic soda used was contaminated, said study author David Wallinga, MD.

Proponents say: The FDA says that HFCS is safe to consume, so it must be.

THE VERDICT: The FDA has ruled twice that HFCS is “safe.” But the FDA also considers double-bacon cheeseburgers safe — and you shouldn't eat those every day. Limiting HFCS (and other sweeteners) does have one well-understood benefit: It'll help you lose weight. JENNIFER GOLDSTEIN (REPRINTED WITH PERMISSION OF PREVENTION © RODALE INC.)

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- 1/2 CUP nonfat buttermilk
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- Pinch of salt



5 MINUTES, SERVES 2

IN A BLENDER, combine all ingredients and blend until smooth. The salt is optional — just a pinch heightens the fruit flavor. (AP)



158 calories, 4 g protein, 37 g carbs, 0 g fat, 1 mg cholesterol, 327 mg sodium, 5 g fiber

HEALBETTER



A State-of-the-Art Form of Therapy

■ A picture really can be worth a thousand words, says Amy Tatsumi, president of the Potomac Art Therapy Association (Potomacarttherapy.org), a local group of mental-health professionals who use creative means to improve well-being. "The difference between art therapy and verbal therapy is that in the creative process, you're accessing things that you don't usually have access to," she says. "Adults will kind of talk their way out of problems or talk around problems, and when you're making art, it gets you more directly to what's going on. Your artwork doesn't really lie."

An art therapy session differs from a traditional art class by focusing on the process rather than the product. Clients can choose a medium or let the therapist assign one, and they can work in groups or one-on-one. And while teachers are concerned with students' technical abilities, therapists use their time instead to probe with questions such as, "Tell me about what you made" and "What does this color mean to you?"

Of course, anyone can benefit from dabbling in the arts. Jonathan Kirkendall, a psychotherapist who owns Kirkendall Pottery in Hyattsville, Md., often suggests that his clients find a craft to relieve stress. He knows it works for him: "There's just me and the clay. There's something about the straightforwardness of that that really helps me put my cares aside and focus. I come out of that feeling refreshed." And with something pretty to look at, too. STEPHANIE KANOWITZ

Please Mind the Masterpiece

Discover how to meditate with still-life artist Giorgio Morandi

One adjective always seems to come up when discussing the paintings of Giorgio Morandi, an Italian artist whose favorite subjects were inanimate: meditative. So, when the Phillips Collection mounted the exhibit "Morandi: Master of the Modern Still Life" (through May 24, 1600 21st St. NW, 202-387-2151, PhillipsCollection.org), it planned an unusual offering to complement the canvases: meditation classes.

It's a natural fit, explains Erin Wilhelm, who (along with Jim Goodwin) is presenting the program, "A Meditation on Morandi" (the second of two sessions is Thursday at 6:30 p.m., \$35). "With meditation, you'll get something different out of it each time. The same is true of art. You can look at the same painting every day and you'll see something else," she says.

Put the two together, and as you take in a painting, you'll feel something else as well — a deeper connection to your emotions.

That's why both Wilhelm and Goodwin have often wandered into museums to stare at masterpieces for personal meditations. And in case you don't know how to do that on your own, the idea of this event is that anyone, regardless of experience, can find similar



COURTESY THE PHILLIPS COLLECTION

No one knows whether Morandi ever meditated, but he spent lots of time with the same objects — like for this 1950 still life.

benefit in being guided through a group practice.

Any form of art can promote meditation. "It just has to give you good feelings," Wilhelm says. But both instructors find Morandi's pastel-hued scenes particularly conducive to what they want participants to achieve. "There's a beauty and simplicity to his work," Goodwin explains. "There are no

harsh edges — they're round, soft and fluid." The same words also describe Goodwin's calming voice, which leads the meditation.

Visitors on Thursday can expect the evening to unfold much like the first session: a lecture on the meaning of meditation, time to walk around the gallery, and a chance to let Morandi's art and Goodwin's words take them away.

They'll root themselves in front of an image that's particularly alluring, and Goodwin will instruct them to "look at the different colors, note where the light falls and see the space between the objects." They'll soak it in until they can see every detail of the work even with their eyes closed. "From that, I encourage people to take an inventory of the thoughts and emotions that come up and pick the most pleasing," he says. By focusing on their breath, they'll expand that feeling gradually until it seems to encompass the entire planet, and then they'll bring it back to themselves.

Wilhelm and Goodwin hope people will leave with a greater sense of well-being and an appreciation for Morandi's art. His work may just look like a bunch of bottles and vases, but with the right mindset, it can help you find world peace.

VICKY HALLETT (EXPRESS)



QUICK STUDY



Chagall Beats Stamp Collecting

■ Discussing Monet's merits could lower your blood pressure. In a Swedish study, 40 elderly women met once a week: Half viewed and talked about art; the rest discussed hobbies. After four months, the members of the art group had dropped their blood pressure by 12 points — and they felt happier. The hobby group had no changes. Other studies suggest that discussing art (and listening to music and reading literature) can make people feel more positive and creative. Study author Britt-Maj Wikstrom, Ph.D., says younger women may also benefit from art encounters. SARA ALTSUL (REPRINTED WITH PERMISSION OF PREVENTION © RODALE INC.)

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He's a Big Dog Now

Bow Wow talks about growing up in the limelight and how he kept a clear head

Q&A | If there were any doubts that Bow Wow is all grown up, his new CD — which comes with a parental advisory sticker — will drive the point home.

The 22-year-old rapper born in the Columbus suburb of Reynoldsburg, Ohio, says “New Jack City II” shows his growth, from the amount of control he had on it to the lyrical content.

He's also growing as an actor. He returns to HBO's “Entourage” this summer and appears in the Hurricane Katrina-inspired basketball drama “Hurricane Season” with Forest Whitaker, Taraji P. Henson and Lil Wayne later this year.

In a recent interview, he talked about executive-producing his new CD, keeping his cool and why he thinks he'll win an Oscar before he'll win a Grammy.

You used to be known as Lil Bow Wow. Do you feel like you've officially ventured away from the kid rapper image?

I told myself that I would never force it upon people to make them think or make them believe that I'm grown, [and] I said I'll just do it all through my music and that's something I always preach. I never acted out with my actions to show people that I'm getting grown; you



NO MORE LIL: Bow Wow went from child rapper to adult artist with a promising career in the acting and music industries.

never see me with a cigarette, or see me wilding out or doing anything like that.

Did you ever wish you didn't grow up in the media?

Not at all. Everything happens for a reason. I'm just one of the chosen few that actually grew up in the limelight and maintained and still [managed to] be normal.

What's been the most challenging part about it?

Trying your best not to get stressed

“I'm just one of the chosen few that actually grew up in the limelight and maintained.”

out, the hardest part is not to get down, not to let the business get to you. I think the business is more mental than it is talent. I think you can have the talent, but if you don't have it up here, I think you can easily just break down. That's

why you see so many artists just go crazy [and people ask], “Why's he doing that? Why is he on drugs? Why?” Because the business can drive you to do that if you don't have it here.

What else do you want to do in your career?

Take over the world, if I can. I'm pretty much happy with the things that have been handed to me already. ... I really would look forward to winning a Grammy one day. MESFIN FEKADU (AP)



Houghton at 2008's Grammy Awards.

One Is a Powerful Number

Israel Houghton does Christian music best when left all alone

MUSIC | Israel Houghton's first solo studio album, “Power of One,” contains the raucous energy of a jam session. Without his ensemble of New Breed singers, Houghton's priorities move from creating eminently singable refrains to exploring a variety of musical expressions, from rock to reggae, with conviction and flair.

It sounds like Houghton picked all of his favorite musical friends to join him on the album. Invited to the party are multi-instrumentalist Akil Thompson, Toby Mac on the gritty head-banger “You Found M,” and Mary Mary on the comforting ballad “Every Prayer.” The live drums and funky arrangements reflect more artistry and complexity than his live albums with the New Breed. The result is a collection of well-crafted songs that only productive time in the studio with like-minded souls can yield. AIMEE MAUDE SIMS (AP)



REPRISAL Donna Martin Returns Tori Spelling is reprising her role as Donna on “90210.” Her run starts with Tuesday's episode, which includes an appearance by “Juno” screenwriter Diablo Cody. Donna has come back to her hometown as a famous fashion designer, married and with a baby. “What I love about Donna is she's never jaded,” Spelling says. “Donna can kind of go through anything and she still has that girlish quality about her. I think that's something she'd have at any age. ... That's Donna to me.” (AP)

The Mildest Kind of 'Wicked'

Impish siren Kristin Chenoweth paints a slightly randy picture of a life lived cleanly

BOOKS | Cooter, hoo hoo and Georgia O'Keefe. Those are a few of the terms that Kristin Chenoweth uses for her vagina in her new memoir, "A Little Bit Wicked: Life, Love, and Faith in Stages" (Touchstone). And that's really about as wicked as the book ever gets. That's not surprising, really, considering she's a squeaky-clean, God-fearing lass from the Bible Belt state of Oklahoma. Chenoweth is best known for her tiny stature (she stands all of 4 feet, 11 inches) and her roles as Glinda, Good Witch of the North in the Broadway show "Wicked,"

and most recently as Olive Snook in ABC's "Pushing Daisies." In "A Little Bit Wicked," the singer/actress tells of her idyllic childhood in Broken Arrow, Okla., as the well-adjusted adopted daughter of a dedicated Christian couple. "Some people say we pick our parents," she writes, "but God had to play some jazz to get me to the family where I was supposed to be." The memoir is peppered with comical accounts like that of the eye-watering "Cooter Smash" incident, in which Chenoweth acquires the ability to predict the weather with her — yes, you guessed it — hoo hoo. Chenoweth also shares the secret of her "death cookies," which she swears have actually been known to kill people who have eaten them.



Chatting about the weather with Kristin Chenoweth isn't for the fainthearted.

express nightout

Read more of our review, including how Chenoweth's ex-beau Aaron Sorkin factors into her memoir and a tale about a Playboy Bunny's hair extensions | ONLINE NOW WWW.EXPRESSNIGHTOUT.COM

Throughout the book, Chenoweth speaks of her faith in God in a way that's not cloying or preachy. She also addresses her bare-almost-all photo shoots for FHM and Allure, which caused Howard Stern to ask, "I just want to know how you do this Christian-music CD and then you do the T-and-A thing in nude photographs." Anyone looking for a kiss-and-tell is going to be disappointed, but fans of Chenoweth are going to love her entertaining and perky account of her dirt-free life and career. That is, unless you have a problem with meteorological hoo hoo. EWA BEAUJON

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ADVENTURELAND (R) - ID REQ'D (1215 245 515) 745 1015
THE HAUNTING IN CONNECTICUT (PG-13) (315 545) 815 1030
MONSTERS VS. ALIENS 3D - SPECIAL EVENT PRICING (PG) ★ (1210 230 450) 710 930
MONSTERS VS. ALIENS (PG) (130 350) 610 825 1035
KNOWING (PG-13) (100 400) 705 1000
I LOVE YOU MAN (R) - ID REQ'D (800 PM 1025 PM)
RACE TO WITCH MOUNTAIN (PG) (1230 PM 250 PM 510 PM)

GALLERY PLACE STADIUM 14
701 Seventh St. NW 800-FANDANGO 1721#
Adv. Tix on Sale STATE OF PLAY
Adv. Tix on Sale 17 AGAIN
OBSERVE & REPORT (R) - ID REQ'D (1200 230) 500 730 1000
HANNAH MONTANA: THE MOVIE (G) ★ (1130 200) 430 710 945
DRAGONBALL EVOLUTION (PG) (1210 220) 445 720 930
OC & DA: THE FAST AND THE FURIOUS (PG-13) 345 PM 930 PM
FAST AND THE FURIOUS (PG-13) (1140 1215 1245 130 210 300) 415 530 600 640 715 810 845 1015 1045
ADVENTURELAND (R) - ID REQ'D (1205 240) 510 745 1015
THE HAUNTING IN CONNECTICUT (PG-13) (1230 255) 520 750 1025
MONSTERS VS. ALIENS 3D - SPECIAL EVENT PRICING (PG) ★ (1220 245 505) 725 945
SUNSHINE CLEANING (R) - ID REQ'D (100) 410 650 920
DUPLICITY (PG-13) (1145 225) 515 800 1040
KNOWING (PG-13) (1250) 350 705 955
I LOVE YOU MAN (R) - ID REQ'D (1150 215) 450 735 1020

BALLSTON COMMON STADIUM 12
671 N Glebe Rd 800-FANDANGO 377#
Adv. Tix on Sale STATE OF PLAY
OBSERVE & REPORT (R) - ID REQ'D (1225 250 515) 740 1005
DRAGONBALL EVOLUTION (PG) (225 440) 710 930
FAST AND THE FURIOUS (PG-13) (115 215 320 400 500) 615 655 755 900 940
MONSTERS VS. ALIENS (PG) (100 200 350 450) 625 725 855 955
SUNSHINE CLEANING (R) - ID REQ'D (240 525) 800 1030
KNOWING (PG-13) (125 420) 720 1015
RACE TO WITCH MOUNTAIN (PG) (235 PM) 610 PM 950 PM
WATCHMEN (R) - ID REQ'D (1240 310) 650 920
TAKEN (PG-13) 700 PM 1025 PM
GRAN TORINO (R) - ID REQ'D

POTOMAC YARD STADIUM 16
3575 Jefferson Davis Hwy 800-FANDANGO 690#
Adv. Tix on Sale STATE OF PLAY
Adv. Tix on Sale 17 AGAIN
HANNAH MONTANA: THE MOVIE (G) ★ (100 200 340 440) 620 720 900 1000
OBSERVE & REPORT (R) - ID REQ'D (145 245 425 525) 700 800 920 1020
DRAGONBALL EVOLUTION (PG) (230 450) 710 930
OC & DA: THE FAST AND THE FURIOUS (PG-13) (310 PM) 850 PM
FAST AND THE FURIOUS (PG-13) (1225 135 215 350 430 510) 610 650 730 810 940 1010
ADVENTURELAND (R) - ID REQ'D (210 505) 750 1035
THE HAUNTING IN CONNECTICUT (PG-13) (230 PM 530 PM) 830 PM
MONSTERS VS. ALIENS 3D - SPECIAL EVENT PRICING (PG) ★ (130 400) 630 910
MONSTERS VS. ALIENS (PG) (1250 330) 600 840
DUPLICITY (PG-13) (1240 350) 650 950
KNOWING (PG-13) (125 PM 435 PM) 745 PM
I LOVE YOU MAN (R) - ID REQ'D (220 500) 740 1020
RACE TO WITCH MOUNTAIN (PG) (120 PM)

KINGSTOWNE STADIUM 16
5910 Kingstowne Towne Center 703-822-4956
Adv. Tix on Sale STATE OF PLAY
Adv. Tix on Sale 17 AGAIN
HANNAH MONTANA: THE MOVIE (G) ★ (1230 300 535) 800 1030
OBSERVE & REPORT (R) - ID REQ'D (1205 330 445) 655 910
OBSERVE & REPORT (R) - ID REQ'D (1200 100 210 310 415 520) 645 745 900 1015
HANNAH MONTANA: THE MOVIE (G) ★ (200 430) 700 930
FAST AND THE FURIOUS (PG-13) (1215 1245 140 220 320 410 450 530) 610 650 730 805 840 920 1000 1035
ADVENTURELAND (R) - ID REQ'D (115 425) 720 950
THE HAUNTING IN CONNECTICUT (PG-13) (215 440) 750 1020
MONSTERS VS. ALIENS 3D - SPECIAL EVENT PRICING (PG) ★ (1210 235 500) 735 955
MONSTERS VS. ALIENS (PG) (135 400) 630 850
DUPLICITY (PG-13) (1220 315) 640 935
KNOWING (PG-13) (1250 345) 710 1005
I LOVE YOU MAN (R) - ID REQ'D (205 435) 705 940
RACE TO WITCH MOUNTAIN (PG) (1200 PM)

COUNTRYSIDE STADIUM 20
45980 Regal Plaza 800-FANDANGO 394#
Adv. Tix on Sale STATE OF PLAY
Adv. Tix on Sale 17 AGAIN
DRAGONBALL EVOLUTION (PG) (130 410) 640 900
OBSERVE & REPORT (R) - ID REQ'D (1150 1230 210 320 430 540) 740 845 1000
HANNAH MONTANA: THE MOVIE (G) ★ (120 450) 725 1030
OC & DA: THE FAST AND THE FURIOUS (PG-13) (130 1240 200 330 440) 610 700 850 955
FAST AND THE FURIOUS (PG-13) (340 PM) 910 PM
ADVENTURELAND (R) - ID REQ'D (1140 1210 1250 140 230 300 420 510 550) 630 710 755 830 1010
THE HAUNTING IN CONNECTICUT (PG-13) (1220 255) 520 750 1025
MONSTERS VS. ALIENS (PG) (1255 150 315 415) 625 700 840 920
MONSTERS VS. ALIENS 3D - SPECIAL EVENT PRICING (PG) ★ (1200 240 515) 745 1015
SUNSHINE CLEANING (R) - ID REQ'D (100) 410 650 920
DUPLICITY (PG-13) (1145 310) 620 915
KNOWING (PG-13) (1230 350) 645 940
I LOVE YOU MAN (R) - ID REQ'D (110 340) 610 830
RACE TO WITCH MOUNTAIN (PG) (110 400) 650 930
TAKEN (PG-13) (1220 250 520) 800 1035
(1215 245 530) 810 1025

FOX STADIUM 16
22875 Crawford Pl., Ashburn, VA 703-957-1035
Adv. Tix on Sale STATE OF PLAY
Adv. Tix on Sale 17 AGAIN
OBSERVE & REPORT (R) - ID REQ'D (1240 300 520) 740 1000
HANNAH MONTANA: THE MOVIE (G) ★ (1150 120 220 350 450) 620 720 850 950
DRAGONBALL EVOLUTION (PG) (1125 240 500) 710 930
RW & DA: THE FAST AND THE FURIOUS (PG-13) (1200 230 500) 730 1005
FAST AND THE FURIOUS (PG-13) (1250 140 320 410 550) 640 820 910
ADVENTURELAND (R) - ID REQ'D (130 440) 745 1020
RW & DA: MONSTERS VS. ALIENS (PG) (110 340) 610 830
THE HAUNTING IN CONNECTICUT (PG-13) (1210 240 540) 810 1035
MONSTERS VS. ALIENS 3D - SPECIAL EVENT PRICING (PG) ★ (1145 200 420) 710 930
MONSTERS VS. ALIENS (PG) (1230 250 530) 750 1010
DUPLICITY (PG-13) (100 400) 650 945
I LOVE YOU MAN (R) - ID REQ'D (150 510) 800 1030
RACE TO WITCH MOUNTAIN (PG) (1245 PM 310 PM) 800 PM
WATCHMEN (R) - ID REQ'D 840 PM

FAIRFAX TOWNE CENTER 10
4110 W Ox Road 800-FANDANGO 670#
HANNAH MONTANA: THE MOVIE (G) ★ (1200 140 230 420 510) 650 740 830 1010
THE HAUNTING IN CONNECTICUT (PG-13) (1240 330) 710 1000
MONSTERS VS. ALIENS (PG) (1250 120 150 310 340 410 530) 630 700 850 920 1020
MONSTERS VS. ALIENS 3D - SPECIAL EVENT PRICING (PG) ★ (1225 240 500) 730 950
DUPLICITY (PG-13) (1210 100 320 430) 640 940 1015
WATCHMEN (R) - ID REQ'D (1230 PM 400 PM) 750 PM

MANASSAS STADIUM 14
11380 Bulloch Drive 800-FANDANGO 490#
Adv. Tix on Sale STATE OF PLAY
Adv. Tix on Sale 17 AGAIN
DRAGONBALL EVOLUTION (PG) (130 415) 700 945
HANNAH MONTANA: THE MOVIE (G) ★ (1245 145 330 430) 615 715 900 1000
OBSERVE & REPORT (R) - ID REQ'D (1200 230 500) 745 1015
FAST AND THE FURIOUS (PG-13) (1200 100 200 300 400 500) 600 700 730 800 930 1000 1030
ADVENTURELAND (R) - ID REQ'D (150 450) 750 1040
THE HAUNTING IN CONNECTICUT (PG-13) (215 515) 800 1045
MONSTERS VS. ALIENS 3D - SPECIAL EVENT PRICING (PG) ★ (100 400) 645 915
MONSTERS VS. ALIENS (PG) (1215 315) 620 930
DUPLICITY (PG-13) 640 PM 940 PM
KNOWING (PG-13) (1210 310) 610 910
I LOVE YOU MAN (R) - ID REQ'D (240 510) 740 1020
RACE TO WITCH MOUNTAIN (PG) (245 PM)

Don't Judge a Band by Its Name

Ladytron is not a troop of robots, but rather a group of down-to-earth artists

MISCONCEPTIONS | They're not into robots, post-modern urban wastelands, or animatronic ladybugs. The members of electronic pop act Ladytron, despite the presence of "tron" in their group's name, say they're just regular folks — and nice ones at that.

"[People think] we're kind of austere and detached and icy, whereas I think the music that we make is quite warm and human and organic," says singer and keyboardist Mira Aroyo. "If someone is photographing us, they come to a concrete, futuristic-looking building and we're, like, uh, 'Can we just

go into a forest, please?' We feel more affiliation with that."

Since forming in Liverpool, England, in 1999, the quartet of Bulgarian-born Aroyo, fellow vocalist and Glaswegian Helen Marnie, and Liverpoolians Reuben Wu and Daniel Hunt has created an alluring blend of strong pop hooks with heavy electronic influences. Four albums into their career — they released the most recent, "Velocifero," last year — the group continues to explore electronic dance music without falling into the trap of repetition and imitation.

Ladytron also benefits from the talents of four songwriters. "We're not the type of people who get offended very easily, and it is an advantage because it makes the albums more diverse," explains



GROUP EFFORT: All four members of Ladytron write songs and edit one another.

express
nightout

To read more about Ladytron's lyrical ambiguity, visit our Web site. **ONLINE NOW**
EXPRESSNIGHTOUT.COM

Aroyo. "There's a lot of collaboration. It's not like we write our own songs — someone might start on an idea and pass it along to someone else and rejig it or add a vocal line."

Ladytron's lyrics are notoriously vague, although they often convey a specific mood or feeling

The band is tight-lipped as to its lyrics' meaning. "We always try and write that way," Aroyo says. "We feel that if you make things too obvious, they become boring a lot quicker." KATHERINE SILKAITIS

→ 9:30 Club, 815 V St. NW; with the Faint, Tue., 7 p.m.; 202-393-0930. (U St.-Cardozo)

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AMC HOFFMAN CENTER 22
Eisenhower Ave and Telegraph Road in Alexandria

IMAX MONSTERS VS. ALIENS: AN IMAX 3D EXPERIENCE (PG)
2:00, 4:30, 7:00, 9:30

DIGITAL 3D

MONSTERS VS. ALIENS 3D (PG) 2:30, 5:00, 7:30, 10:00
DRAGONBALL: EVOLUTION (PG) 2:20, 4:40, 7:10, 9:25

HANNAH MONTANA: THE MOVIE (G) 1:00, 1:50, 3:45, 4:20, 6:30, 7:00, 9:10, 9:40
OBSERVE AND REPORT (R) 1:30, 2:55, 4:10, 5:15, 6:40, 7:55, 9:00, 10:15

FAST & FURIOUS (PG13) 1:45, 2:15, 2:45, 4:30, 5:00, 5:30, 7:15, 7:45, 8:15, 10:05

FAST & FURIOUS (PG13) 1:15, 4:00, 6:45, 9:35

THE HAUNTING IN CONNECTICUT (PG13) 1:40, 4:15, 6:50, 9:20

MONSTERS VS. ALIENS (PG) 1:10, 3:30, 6:15

3D NOT AVAILABLE FOR THESE SHOWTIMES

DUPLOITY (PG13) 2:10, 5:05, 8:05

I LOVE YOU, MAN (R) 2:05, 4:45, 7:20, 9:55

KNOWING (PG13) 1:35, 4:25, 7:25, 10:15

THE LAST HOUSE ON THE LEFT (R) 2:00, 4:35, 7:15, 9:50

RACE TO WITCH MOUNTAIN (PG) 1:55, 4:50

WATCHMEN (R) 9:00 PM

TYLER PERRY'S MADEA GOES TO JAIL (PG13) 7:35, 10:10

TAKEN (PG13) 3:10, 5:25, 7:50, 10:10

ROYAL KILL (PG13) 1:20, 4:05, 7:05, 9:45

AMC SELECT

ADVENTURELAND (R) 1:05, 4:15, 7:05, 9:45

SUNSHINE CLEANING (R) 1:25, 4:00, 6:40, 9:15

AMC COURTHOUSE PLAZA 8

Courthouse and Birch Rd.

HANNAH MONTANA: THE MOVIE (G) 2:30, 5:00, 7:30

THE HAUNTING IN CONNECTICUT (PG13) 3:00, 5:30, 8:00

DUPLOITY (PG13) 4:10, 7:10

I LOVE YOU, MAN (R) 2:50, 5:20, 7:50

CONFESSIONS OF A SHOPAHOLIC (PG) 2:20, 4:40, 7:00

THE INTERNATIONAL (R) 2:10, 4:50, 7:40

HE'S JUST NOT THAT INTO YOU (PG13) 4:20, 7:20

AMC SELECT

ADVENTURELAND (R) 3:10, 5:40, 8:10

AMC COLUMBIA MALL 14
10300 Patuxent Parkway

IMAX MONSTERS VS. ALIENS: AN IMAX 3D EXPERIENCE (PG)
2:00, 4:30, 7:15, 9:50

DIGITAL 3D

MONSTERS VS. ALIENS 3D (PG) 12:50, 3:10, 5:45, 8:10, 10:30

DRAGONBALL: EVOLUTION (PG) 2:35, 4:50, 7:10, 9:30

HANNAH MONTANA: THE MOVIE (G) 12:30, 1:50, 3:00, 4:30, 5:40, 7:05, 8:15, 9:40, 10:30

OBSERVE AND REPORT (R) 12:35, 2:50, 5:10, 7:30, 9:50

FAST & FURIOUS (PG13) 1:45, 2:55, 4:05, 5:15, 6:00, 8:40

FAST & FURIOUS (PG13) 1:20, 4:25, 5:45, 7:00, 8:20, 9:40

THE HAUNTING IN CONNECTICUT (PG13) 2:20, 5:00, 7:50, 10:25

DUPLOITY (PG13) 1:20, 4:10

I LOVE YOU, MAN (R) 2:15, 4:55, 7:45, 10:15

KNOWING (PG13) 1:30, 4:25, 7:20, 10:20

AMC SELECT

ADVENTURELAND (R) 12:40, 3:20, 5:50, 8:20

SUNSHINE CLEANING (R) 2:00, 4:20, 7:40, 10:00

LOEWS GEORGETOWN 14
3111 K Street, N.W.

DIGITAL 3D

MONSTERS VS. ALIENS 3D (PG) 3:00, 5:30, 8:05, 10:25

DRAGONBALL: EVOLUTION (PG) 2:40, 5:00, 7:15, 9:35

HANNAH MONTANA: THE MOVIE (G) 2:50, 5:25, 8:00, 10:30

OBSERVE AND REPORT (R) 1:05, 3:15, 5:35, 8:00, 10:20

FAST & FURIOUS (PG13) 1:45, 3:10, 4:25, 5:45, 7:00, 8:20, 9:40

FAST & FURIOUS (PG13) 1:45, 4:25, 7:00, 9:40

THE HAUNTING IN CONNECTICUT (PG13) 2:50, 5:20, 7:50, 10:25

DUPLOITY (PG13) 1:00, 1:50, 3:45, 4:45, 6:45, 7:45, 10:30

I LOVE YOU, MAN (R) 12:25, 2:10, 3:10, 4:50, 5:50, 7:30, 8:30, 10:10

KNOWING (PG13) 1:35, 4:30, 7:35, 10:30

WATCHMEN (R) 9:45 PM

AMC SELECT

ADVENTURELAND (R) 2:00, 4:40, 7:20, 10:00

SUNSHINE CLEANING (R) 2:05, 4:35, 7:10, 9:50

AMC TYSONS CORNER 16
7850 Tysons Corner Center

DIGITAL 3D

MONSTERS VS. ALIENS 3D (PG) 12:50, 3:10, 5:50, 8:15, 10:35

DRAGONBALL: EVOLUTION (PG) 12:55, 3:15, 5:25, 7:40, 9:50

HANNAH MONTANA: THE MOVIE (G) 12:20, 1:55, 2:45, 4:35, 5:35, 7:15, 8:25, 9:40, 10:50

OBSERVE AND REPORT (R) 12:35, 1:35, 2:50, 3:45, 5:00, 5:55, 7:10, 8:30, 9:20, 11:00

FAST & FURIOUS (PG13) 12:20, 2:00, 2:55, 4:30, 5:30, 6:25, 7:20, 8:05, 9:00, 9:55, 11:00

THE HAUNTING IN CONNECTICUT (PG13) 12:45, 3:20, 5:55, 8:20, 10:55

MONSTERS VS. ALIENS (PG) 2:10, 4:45, 7:30, 9:45

3D NOT AVAILABLE FOR THESE SHOWTIMES

DUPLOITY (PG13) 1:05, 4:05, 7:05, 10:00

I LOVE YOU, MAN (R) 12:45, 3:10, 5:35, 8:00, 10:25

KNOWING (PG13) 1:30, 4:25, 7:35, 10:30

RACE TO WITCH MOUNTAIN (PG) 1:10, 3:45

AMC SELECT

ADVENTURELAND (R) 12:30, 3:00, 5:40, 8:10, 10:40

SUNSHINE CLEANING (R) 12:25, 2:45, 5:15, 7:45, 10:15

MAGIC JOHNSON CAPITAL CENTRE 12

800 Shopper's Way, Largo

DRAGONBALL: EVOLUTION (PG) 1:00, 3:05, 5:20, 7:30, 9:45

HANNAH MONTANA: THE MOVIE (G) 1:30, 4:30, 7:00, 9:30

OBSERVE AND REPORT (R) 12:20, 2:50, 5:25, 7:50, 10:00

FAST & FURIOUS (PG13) 12:35, 1:30, 2:35, 3:05, 4:05, 5:05, 5:35, 6:35, 7:35, 8:05, 9:05, 10:05

THE HAUNTING IN CONNECTICUT (PG13) 1:10, 2:10, 3:40, 4:40, 6:10, 7:10, 8:40, 9:40

MONSTERS VS. ALIENS (PG) 12:30, 2:20, 3:00, 4:50, 5:30, 7:20, 8:00, 9:50 3D NOT AVAILABLE FOR THESE SHOWTIMES

KNOWING (PG13) 1:15, 4:15, 7:15, 10:15

THE LAST HOUSE ON THE LEFT (R) 10:15 PM

TYLER PERRY'S MADEA GOES TO JAIL (PG13) 12:10, 2:40, 5:10, 7:40, 10:10

AMC POTOMAC MILLS 18
2700 Potomac Mills Circle, Ste 886

IMAX MONSTERS VS. ALIENS: AN IMAX 3D EXPERIENCE (PG)
12:55, 3:15, 5:45, 8:15

DIGITAL 3D

MONSTERS VS. ALIENS 3D (PG) 2:45, 5:15, 7:45, 10:05
DRAGONBALL: EVOLUTION (PG) 2:30, 4:45, 7:10, 9:25

HANNAH MONTANA: THE MOVIE (G) 1:00, 1:45, 3:35, 4:20, 6:15, 7:00, 8:45, 9:30

HANNAH MONTANA: THE MOVIE (G) 1:00, 3:35, 6:15, 8:45

OBSERVE AND REPORT (R) 1:05, 2:35, 3:25, 4:55, 5:50, 7:15, 8:10, 9:35, 10:20

FAST & FURIOUS (PG13) 1:20, 2:00, 2:40, 3:20, 4:00, 4:40, 5:20, 6:00, 6:40, 7:20, 8:00, 8:40, 9:20, 10:00

12 ROUNDS (PG13) 4:35, 9:50

THE HAUNTING IN CONNECTICUT (PG13) 1:30, 4:05, 6:35, 9:15

MONSTERS VS. ALIENS (PG) 2:10, 4:30

3D NOT AVAILABLE FOR THESE SHOWTIMES

DUPLOITY (PG13) 7:05, 9:55

I LOVE YOU, MAN (R) 2:05, 4:50, 7:30, 10:15

KNOWING (PG13) 1:10, 3:55, 6:45, 9:40

RACE TO WITCH MOUNTAIN (PG) 2:25, 5:00, 7:35, 10:10

TAKEN (PG13) 1:55, 7:25

AMC SELECT

ADVENTURELAND (R) 2:20, 5:05, 7:40, 10:25

LOEWS SHIRLINGTON 7

2772 South Randolph

SHALL WE KISS? (NR-NOT RATED) 12:30, 2:50, 5:05, 7:20

AMC SELECT

SUNSHINE CLEANING (R) 12:45, 3:10, 5:30, 7:50

SIN NOMBRE (R) 1:00, 3:20, 5:40, 8:00

THE CLASS (PG13) 1:15, 4:05, 7:05

SLUMDOG MILLIONAIRE (R) 1:40, 4:45, 7:30

THE READER (R) 1:10, 3:55, 7:00

DOUBT (PG13) 2:05, 4:35, 7:10

LOEWS UPTOWN 1

3426 Connecticut Avenue N.W.

FAST & FURIOUS (PG13) 2:30, 5:10, 7:50

AMC MAZZA GALLERIE
Jennifer and Wisconsin

DRAGONBALL: EVOLUTION (PG) 12:10, 2:40, 5:10, 7:40
HANNAH MONTANA: THE MOVIE (G) 12:30, 3:00, 5:30, 8:00
OBSERVE AND REPORT (R) 12:15, 2:50, 5:15, 7:30

FAST & FURIOUS (PG13) 1:40, 4:20, 7:20

MONSTERS VS. ALIENS (PG) 2:00, 4:30, 7:00

3D NOT AVAILABLE FOR THESE SHOWTIMES

DUPLOITY (PG13) 1:20, 4:10, 7:10

I LOVE YOU, MAN (R) 1:30, 4:00

LOEWS RIO CINEMAS 18

9811 Washingtonian Boulevard

DIGITAL 3D

MONSTERS VS. ALIENS 3D (PG) 2:05, 4:30, 6:55, 9:15

DRAGONBALL: EVOLUTION (PG) 2:10, 4:25, 7:10, 9:20

HANNAH MONTANA: THE MOVIE (G) 1:00, 2:15, 3:30, 4:45, 6:00, 7:15, 8:30, 9:45, 10:55

OBSERVE AND REPORT (R) 1:35, 2:50, 3:45, 5:00, 6:00, 7:30, 8:20, 9:40, 10:40

FAST & FURIOUS (PG13) 2:00, 3:00, 5:00, 6:00, 8:00, 9:00, 10:45

FAST & FURIOUS (PG13) 1:05, 4:00, 7:00, 9:50

THE HAUNTING IN CONNECTICUT (PG13) 1:25, 4:20, 7:20, 10:05

MONSTERS VS. ALIENS (PG) 1:15, 3:30, 5:55, 8:10, 10:30

3D NOT AVAILABLE FOR THESE SHOWTIMES

DUPLOITY (PG13) 1:10, 4:15, 7:05, 9:55

I LOVE YOU, MAN (R) 1:20, 4:10, 6:50, 9:25

KNOWING (PG13) 1:50, 4:35, 7:25, 10:10

RACE TO WITCH MOUNTAIN (PG) 1:30, 3:55

WATCHMEN (R) 6:30, 10:00

TAKEN (PG13) 1:45, 3:55, 6:05, 8:15, 10

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lookout entertainment

Ida Packs A Joyful Punch

A Norwegian singer's debut is a loud, proud all-around stunner

MUSIC | Ida Maria (full name Ida Maria Borli Sivertsen) may be the best Scandinavian export since Sweden's the Hives and Denmark's Junior Senior crashed onto the music scene years ago.

From a small town in Norway, the 24-year-old singer has the kind of voice that snarls and shouts, but also slinks along on a jazzy purr.

Her debut album, "Fortress Round My Heart," does exact-



WALLS COME DOWN: On "Fortress Round My Heart," Ida Maria bares her soul.

ly that, flicking back and forth from freshly righteous pop-punk to woozy acoustic ballads about booze, sex, love and life.

"Oh My God" snags you with its hard bam, bam, bam of a drumbeat, as Ida Maria sings throatily, "Find a cure, find a cure for my life."

"I Like You So Much Better When You're Naked" is another certified hit, filled with whoops, joyful harmony and fuzzy riffs.

Her nuanced deep voice expresses even more on the album's slower numbers, with room to trail off and emote.

With a neurological condition known as synesthesia that allows her to see colors when she hears music, Ida Maria must be seeing yellow, orange and red when she performs, given the joyful punch her music brings.

SOLVEJ SCHOU (AP)

Brain Imaging in Depression

The National Institute of Mental Health (NIMH) is conducting studies using Positron Emission Tomography (PET) & Magnetic Resonance Imaging (MRI) to better understand how the brain regulates emotion and how depression affects motivation. Studies are conducted at the NIH Clinical Center in Bethesda, MD.

Participants Should Be:

- Currently depressed
- Free of other serious medical conditions
- 18 to 55 years old
- Free of head trauma
- Free of any psychiatric medications

Transportation reimbursement provided.
Compensation is provided for participation.

Call: **301-594-3186**
(TTY: 1-866-411-1010)

<http://patientinfo.nimh.nih.gov>
or for other studies: www.clinicaltrials.gov

Are You Depressed?



The National Institute of Mental Health
National Institutes of Health, Department of Health & Human Services

NIMH
National Institute
of Mental Health

05-M-0169
03-M-0149

'Idol's' Lil in a Lot of Trouble

Early favorite Rounds sputters into the Fox show's final weeks

DISAPPOINTMENTS | Earlier this year, "American Idol" showcased a talented singer from Tennessee who belted out a scorching, soul-infused take on Stevie Wonder's song "All I Do."

Her name was Lil Rounds. And she's never been heard from again.

In her place is a new Lil Rounds, one who's offered up lackluster performances of Martina McBride and Celine Dion songs. Even her Motown Week romp through Martha and the Vandellas' "Heat Wave" was lukewarm.

What happened? Even the "Idol" judges are perplexed.

"It's literally like we've lost you," judge Simon Cowell said last week. "I've no idea who you are. You're



BLUE PERIOD: Lil Rounds has yet to meet judges' expectations on "American Idol."

not making the impact you should be making on this show."

Dr. Cowell's prescription: a healthy dose of originality.

"You've got to take a song no one else has done before and make it your version on the show," he said, "not some cheap karaoke version."

Somewhere within Lil is that vigor that made the judges swoon

express **nightout**

Get your "American Idol" fix with recaps every Wednesday and Thursday morning. | **ONLINE NOW**
EXPRESSNIGHTOUT.COM/IDOL

during auditions. She needs to find it again. Fast. GREG BARBER (EXPRESS)

tonight's lineup

WWE HEAVYWEIGHT

The sports magazine series "E-360" (7 p.m., ESPN) presents **LORD OF THE RING**, a profile of professional wrestling's Vince McMahon.

HONEST TO BLOG!

A girl who talks too much and a boy who says too little find themselves in the ultimate high school jam in the 2007 comedy **JUNO** (8:15 p.m., Cinemax).

STRICKEN AT SEA

Two captains battle sickness on the season five opener of **DEADLIEST CATCH** (9 p.m., Discovery).

DARNED ECONOMY

Tommy faces the prospect of termination on **RESCUE ME** (10 p.m., FX).

THEY WERE THE CHAMPIONS

REAL SPORTS WITH BRYANT GUMBEL (10 p.m., HBO) includes an interview with Phillies manager Charlie Manuel.

HEALING THE WORLD

"Independent Lens" (10 p.m., PBS) presents **TAKING ROOTS: THE VISION OF WANGARI MAATHAI**, a profile of



More lives are put at risk on the fifth-season premiere of "Deadliest Catch."

a remarkable Kenyan activist who taught millions of her fellow citizens to plant trees and reclaim millions of acres lost to colonial deforestation and corporate exploitation.

BUBBLY BLONDE

Kelly Ripa and Yeah Yeah Yeahs appear on **LATE SHOW WITH DAVID LETTERMAN** (11:35 p.m., CBS).

KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

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- Learn about ExpressNightOut.com's Messiest Apartment Contest Coming This Month!

To sign up for the ExpressNightOut.com weekly email newsletter, please visit:
www.expressnightout.com/newsletter

E-delivery every Wednesday morning. See contest details in newsletter for rules.

XX539 2x5

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Healthy Adults 18-70 years old needed to participate in the study of an investigational Influenza vaccine.

To volunteer, please call: 1-866-833-LIFE (toll free) or TTY: 1-866-411-1010

Financial compensation provided. The study will evaluate the safety of the vaccine and see if it generates an immune response. You cannot become infected with Influenza virus by receiving the vaccine.

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<http://medlineplus.gov/healthydcgolocal>

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Drive you. "Cars" can put you in the right wheels. **express** Wednesdays. A publication of The Washington Post

lookout cars

Prius in Every Pot

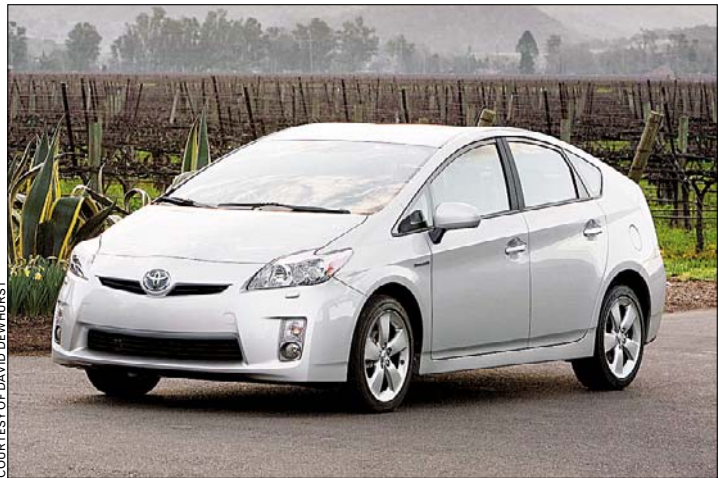
How much oil would the U.S. save if we all drove only hybrids?

GREEN | Out of the 12 million barrels of oil we import daily, the 6 million barrels we get from OPEC members is the most geopolitically dubious. That oil is refined into about 83 million gallons, or roughly one-fifth of our daily gas consumption of 390 million gallons.

The 2010 Toyota Prius is EPA-rated at 50 miles per gallon, combined city and highway driving.

The U.S. Department of Energy budgetary request for fiscal 2010 is \$65 billion, including nearly \$40 billion from the National Economic Recovery Act. The 2010 Toyota Prius probably will come in around \$23,000. Since we have the federal checkbook open, what if we took \$40 billion and bought everybody Priuses? Would that help? Yes, it would.

By my calculations, \$40 billion would buy about 2 million Priuses. Assuming we use them to replace cars that get 15 mpg, and assuming an average driving year of 15,000 miles, these 2 million Priuses would save about 700 gallons of gas per car, or 1.4 billion gallons of gas a year.



The 2010 Toyota Prius is bigger, more sculpted in styling and more aerodynamically efficient. It glows with modernity, thanks to LED headlamps and taillights.

That's about 17 days' worth of OPEC oil. Doesn't sound like much, does it? But what if we were to continue allocating \$40 billion annually to the U.S. Department of Prius? In 10 years, we would be saving 14 billion gallons a year, or 170 days' worth of OPEC oil.

But never mind all that. Let's just take a moment to honor this game-changer. It changed minds, it validated a technology, and it raised awareness. It's cool. It's dorky. If everyone drove one, we could tell OPEC to kiss our behinds. I'll take mine in red.

DAN NEIL (LOS ANGELES TIMES)

NUTS & BOLTS

→ THE 2010 TOYOTA PRIUS

\$23,000 approx.

Powertrain: Series-parallel gasoline-electric hybrid; 1.8-liter Atkinson-cycle four cylinder; air-cooled permanent-magnet 60-kilowatt traction motor; 201.6V DC lithium-ion battery pack; helical gear set transaxle; front-wheel drive | **Wheelbase:** 106.3 inches | **Measurements:** 175.6 inches long | **Horsepower:** 134 (net) | **Torque:** 105 at 4,000 | **EPA Fuel Economy:** 50 mpg combined.

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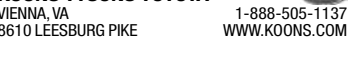
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The Sounds of Home

A Canadian band captures history and sense of place in its still-modern music

TO READ MORE about the Great Lake Swimmers, visit Expressnightout.com

ALBUM | For “Lost Channels,” Toronto’s Great Lake Swimmers’ fourth album, they traveled to the Thousand Islands region to find new acoustical spaces for their songs.

Famed for its natural beauty and cultural history, the area lies along the Ontario-New York state border in the Saint Lawrence Seaway, and its mountains and early 20th-century castles gave the band not only an inspiring setting, but also an opportunity to document the place in music.

“We connected with a local historian and photographer who



ON AMBIANCE: The Great Lakes Swimmers’ surroundings make musical cameos.

had heard us on a show on the CBC and gave us an open invitation to come down and see more of the region,” says head Swimmer Tony Dekker.

Such an excursion is not unusual for the Great Lake Swimmers,

for whom setting is crucial both lyrically and musically. Over four albums in four years, the band has made a career of presenting often moving descriptions and evocations of the Canadian landscape, using natural imagery, gentle folk

arrangements and Dekker’s gauzy vocals to convey deep, earthy emotions.

Their first album was recorded in a grain silo to capture a natural reverb. And the album “Ongiara,” from 2007, took its title from the boat that carried the band across Toronto Harbor to their recording space.

“We pulled together a lot of interesting places to record” in Thousand Islands, says Dekker: an arts center, a church and a social club, all of which provided different acoustics that give “Lost Channels” its unique character.

“I find it interesting when people try to tell a little bit of the story of the place where they’re from,” Dekker says. “It adds another element to the music and sets it into a context.” STEPHEN M. DEUSNER

→ *Black Cat*, 1811 14th St. NW; 9 p.m., \$10; 202-667-4490. (U St.-Cardozo)

the scene



SO ADORABLE: Kibibi the gorilla is just one of the animals at the National Zoo.

Instant Adulthood, Instant Youth

SO, YOU GRADUATED FROM college, and now you even have a job. Why is it you don’t feel like an adult?

Do you have to wait until you get married or buy a house for that grown-up feeling to envelop you? Nope. All you need is Grapes With the Apes.

This wine tasting at the National Zoo (3001 Connecticut Ave. NW; 202-633-3026) will introduce you to a number of excellent wineries, such as Ravenswood, Tarara and Potomac Point. Honestly, most wine tastings will give you that buzz of instant sophistication, but it’s even better when you can casually dash off, “Oh, yes, later I’m going to a wine tasting at the Smithsonian.”

After your tasting and a talk about the wines you’re drinking, slip over to wave at the baby gorilla — without a million little kids stepping on your feet like they would on a normal day at the zoo — and pick up the commemorative Grapes With the Apes glass that comes with your \$40 ticket.

Then shake off a little of that adulthood and cross over to 18th Street for some late-night chow from Amsterdam Falafel Shop (2425 18th St. NW; 202-234-1969). Some things never lose their charm. FIONA ZUBLIN (EXPRESS)

topstops

Drink to De-Stress

2 Stressed out about taxes? They’re due tomorrow, you know. Sorry. Anyway, you can chill out tonight with the Museum of the American Cocktail’s

“Non-Taxing and Slightly Evasive Cocktail Seminar,” where you’ll learn about the history of liquor and

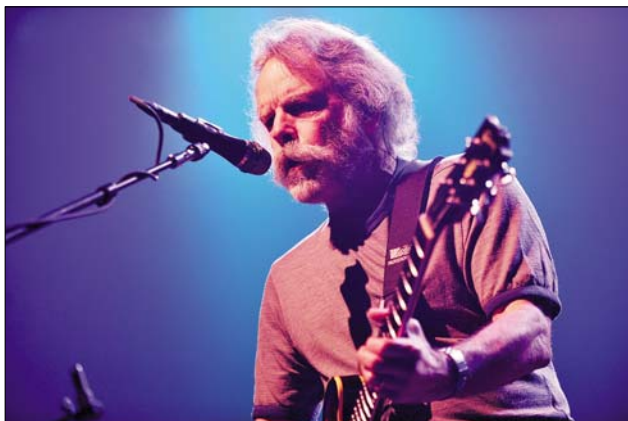
money, and try cleverly named drinks such as the Three Mile Limit or the Income Tax. Or the Your Taxes Are Due Tomorrow Why Are You Drinking? F.Z.

→ *Darlington House*, 1610 20th St. NW; 6:45 p.m.-8:45 p.m., \$40 in advance, \$45 at the door; Museumoftheamericancocktail.org. (Dupont Circle)

Not Exactly the Wall Of Sound, but It’ll Do

Miss the Grateful Dead? Of course, you do. They’re not exactly back, but the touring band the Dead is made up of several members of, well, the Grateful Dead, who are keeping your love from fading away by playing their old songs. So, pile into your bemused minivan with the teddy bear stickers on the back and make a good old-fashioned Deadhead night of it. F.Z.

→ *Verizon Center*, 601 F St. NW; 7 p.m., \$68-\$98; 202-397-7328. (Gallery Place)



BRYAN BEDDER/GETTY IMAGES



Alpine Fairy Tale

3 While the educational powers that be might not be thrilled with the message of “Heidi” — children don’t need school! They just need to play in the grass and milk goats! — they won’t be able to deny its infectious exuberance. This musical version of the beloved children’s book about a 7-year-old who discovers the power of nature will at least convince any children you take to see it that they should put down the Xbox and go play outside. F.Z.

→ *Imagination Stage*, 4908 Auburn Ave., Bethesda; through May 17, \$10-\$21; 301-280-1660. (Bethesda)

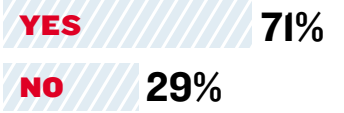
Compiled by Express’ Karmah Elmusa and Fiona Zublin. Read more of their picks every day at Expressnightout.com/topstops.

Explore our searchable list of the area’s events, venues, restaurants and movies at Expressnightout.com/thescene.

Poll Center

DO YOU THINK TOO MUCH IS BEING MADE OF THE OBAMAS' NEW PUPPY?

YESTERDAY'S RESULTS AS OF 5 P.M.



"Yes, too much is being made out of the president's new sparkling dog. He kept slamming the other guy in the presidential race for being out of touch with America, yet a true American would adopt a pet."

COMMENTER COMMON KEVIN, WHO ADDED, "WHATEVER HAPPENED TO HIS COMMENT ABOUT GETTING A MUTT LIKE HIM?"

"Yes, of course, this is a ridiculous story that doesn't warrant more than a footnote in some other pointless first family fluff piece."

COMMENTER MILDLY MISANTHROPIC, WHO ADDED, "IT WAS OVER KILL WHEN BARBARA BUSH'S DOG WROTE A BOOK, OR THE SOX THE CAT STORIES, OR WHEN BARNEY GOT HIS 90 MINUTES OF FAME."

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Blog LOG

"INSTEAD OF PAYING the Somali pirates who'd taken a U.S. sea captain hostage the \$2 million they asked for, the U.S. Navy chose a much cheaper solution: three bullets."

THELIEFFEYSWELL.BLOGSPOT.COM ADDED, "I GUESS CRIME REALLY DOESN'T PAY."



GERALD MARTINEAU/TWP

"WE'RE NOT QUITE sure what's more impressive: the fact that he downed three bottles of vodka in one sitting or the fact that he survived the jump — twice."

FAMOUSDC.COM WAS IMPRESSED BY THE STORY OF A RUSSIAN MAN WHO TRIED TO KILL HIMSELF WHILE DRUNK, CLAIMING HIS WIFE'S NAGGING PUT HIM OVER THE EDGE.



"DCPS could benefit from a surge in interest. Parents may not only 'rediscover' D.C. schools, but may also rediscover overlooked communities."

GREATERGREATERWASHINGTON.ORG HOPES THE RECENT ECONOMIC DOWNTURN FORCES FAMILIES TO REGAIN INTEREST IN THE SUCCESS OF LESS HIGHLY REGARDED D.C. SCHOOLS AND, IN TURN, NEIGHBORHOODS.



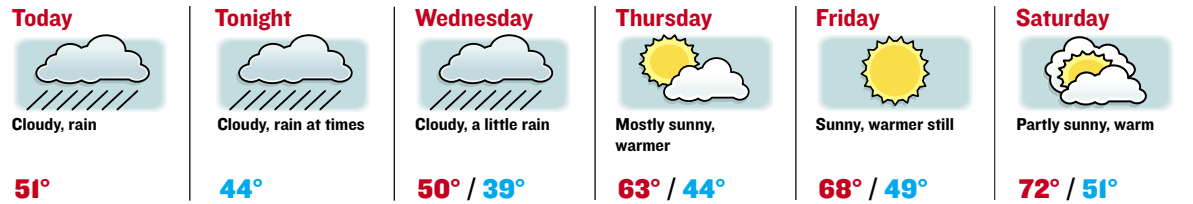
"This is why my president is the [man]. Of all my travels in the last 17 [years], nothing will ever beat going to Cuba."

@QUESTLOVE, DRUMMER FOR HIP-HOP BAND THE ROOTS, REACTS ON HIS TWITTER FEED TO NEWS OF PRESIDENT OBAMA'S PLAN TO LOOSEN TRAVEL RESTRICTIONS TO THE CARIBBEAN NATION FOR CUBAN AMERICANS.

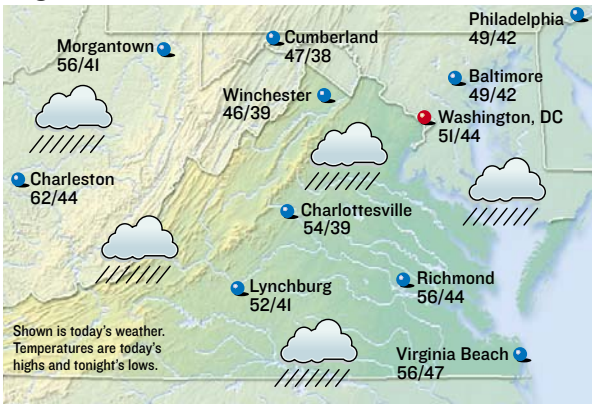
"I WAS GONE all last week — so, apparently, some people felt the need to steal items from my desk. I have two boxes of Girl Scout cookies missing, some pens and my Kleenex. Seriously? Do I have to lock up everything?"

CAPITOLHILL20210.BLOGSPOT.COM IS UNIMPRESSED WITH HER CO-WORKERS' LACK OF MATURITY WHILE SHE WAS GONE.

5 Day Forecast for the Washington Area



Regional Weather



Almanac

Washington, D.C., through 4 p.m. Mon.
Temperature
High 54°
Low 39°
Normal high 66°
Normal low 45°
Average humidity 34%

Precipitation

24 hours ending 4 p.m. 0.00"
Month to date 1.50"
Normal month to date 1.20"
Year to date 6.50"
Last year to date 9.90"
Normal year to date 10.64"

For up-to-the-minute weather, see:
washingtonpost.com/weather

Regional Forecast

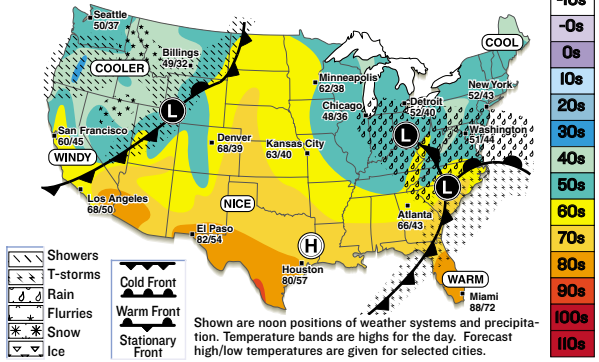
D.C. Metro: Today, rain. High 51. Wind north 5-10 mph. Tonight, rain. Low 44. Wind northeast 10-20 mph. Wednesday, rain. High 50.

Sun and Moon

Sunrise today 6:33 a.m.
Sunset tonight 7:44 p.m.
Moonrise today 12:19 a.m.
Moonset today 9:26 a.m.



National Weather for Tuesday, April 14



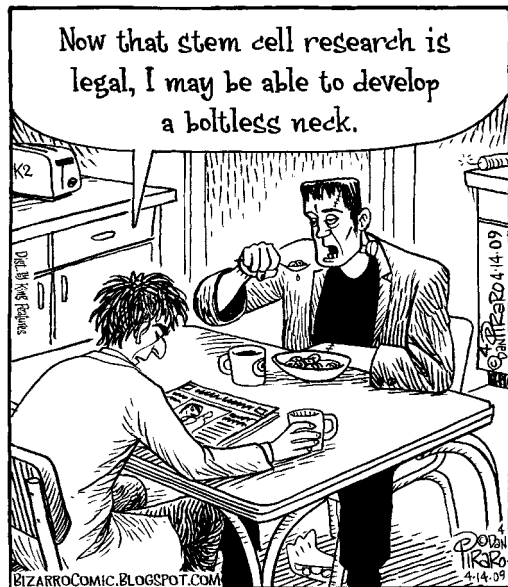
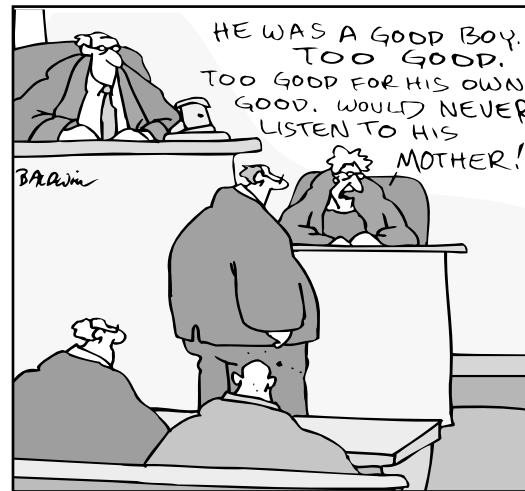
National Cities

City	Today Hi/Low/W	Wed. Hi/Low/W
Atlanta	66/43/t	65/46/s
Boston	54/39/pc	49/37/pc
Chicago	48/36/r	54/40/pc
Dallas	77/55/s	77/57/pc
Denver	68/39/pc	66/50/s
Honolulu	83/70/pc	81/69/pc
Los Angeles	68/50/pc	66/50/s
Miami	88/72/s	86/67/t
New York City	52/43/r	53/41/r
Orlando	84/61/t	82/56/s
Seattle	50/37/pc	53/40/pc

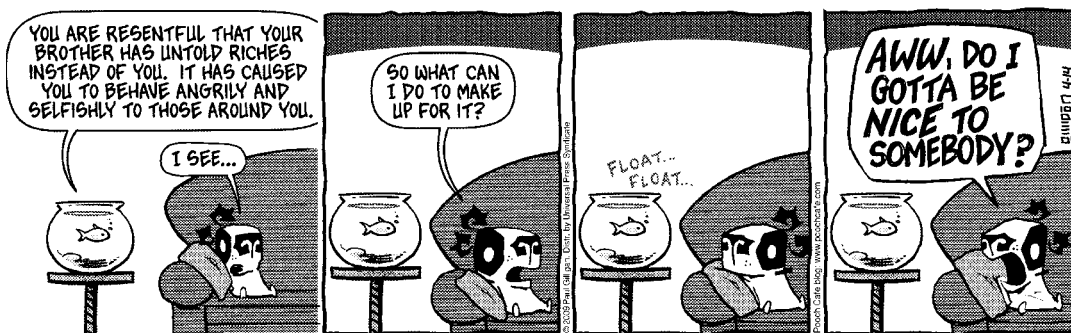
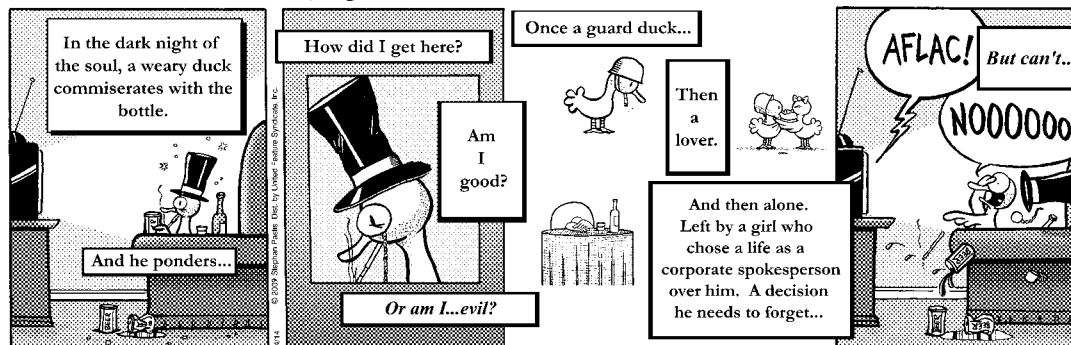
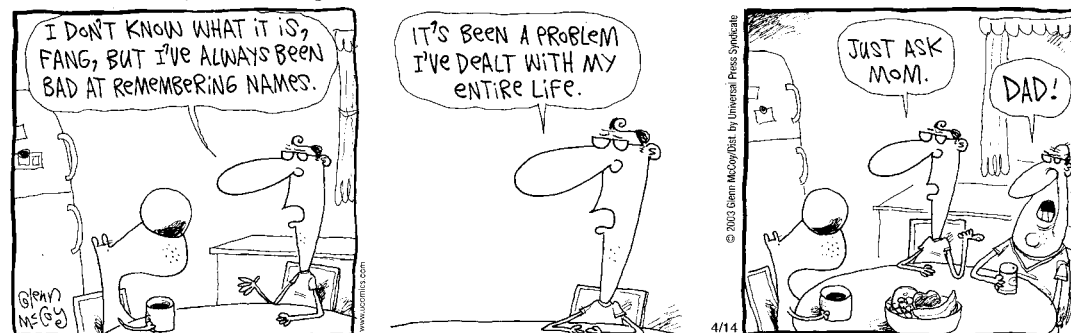
World Cities

City	Today Hi/Low/W	Wed. Hi/Low/W
Amsterdam	65/50/sh	70/50/pc
Athens	67/54/sh	63/50/sh
Berlin	72/51/s	75/52/s
Buenos Aires	70/54/s	72/61/s
Calgary	42/25/c	41/23/pc
Dublin	52/41/sh	50/43/r
Geneva	65/48/sh	70/52/pc
Moscow	55/36/pc	61/36/pc
Rome	70/49/s	68/52/s
Sydney	73/63/t	77/59/s
Tokyo	63/59/r	68/54/r

s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice.

Bizarro | Dan Piraro**Cornered** | Mike Baldwin

Mothers want to help. They just can't help themselves.

Pooch Cafe | Paul Gilligan**Pearls Before Swine** | Stephan Pastis**The Duplex** | Glenn McCoy**Horoscope**

By Stella Wilder

ARIES (March 21-April 19) You may have to direct the operations of others from off-site at some point. Make all instructions clear and detailed at all times.

TAURUS (April 20-May 20) You may be faced with one or two highly emotional situations before the day is out. How you handle each will impress those in charge.

GEMINI (May 21-June 20) An early start wins you the right to call it a day perhaps earlier than usual. After dark, you may have a special rendezvous; don't be late.

CANCER (June 21-July 22) You can get a great deal done if you are allowed to work at your own pace according to your own rules.

LEO (July 23-Aug. 22) Remind those around you that it's not a good time to overcomplicate things. Focus on issues that are clear-cut, even black and white.

VIRGO (Aug. 23-Sept. 22) Do you have enough time to get it all done and provide yourself with one or two things

that you really need? Be efficient.

LIBRA (Sept. 23-Oct. 22) You may have to work hard to satisfy an unusual craving. If you find that you must bend or break the rules, rethink your strategy.

SCORPIO (Oct. 23-Nov. 21) Interaction with someone on your team may become unexpectedly complicated, as he or she suddenly rubs you the wrong way.

SAGITTARIUS (Nov. 22-Dec. 21) You may have quite a challenge ahead as you attempt to corral the talents of a great many people and focus on a single goal.

CAPRICORN (Dec. 22-Jan. 19) You're likely to find that others are ready and willing to go out of their way to give you the assistance you need — and just in time.

AQUARIUS (Jan. 20-Feb. 18) A creative endeavor needn't enjoy a grand or glorious start; a very big project may actually have a very small beginning.

PISCES (Feb. 19-March 20) Don't rest on your laurels. What you've done in the past is worth recognition, but it's not enough to carry you at this time.

Today in History

1828 The first edition of Noah Webster's "American Dictionary of the English Language" is published.

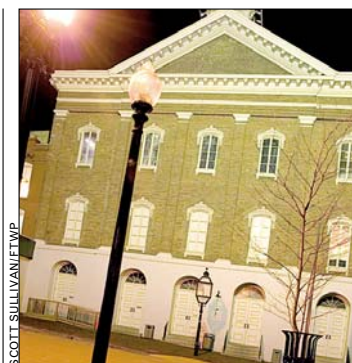
1865 President Abraham Lincoln is shot and mortally wounded by John Wilkes Booth while attending the comedy "Our American Cousin" at Ford's Theatre in Washington.

1902 James Cash Penney opens his first store, the Golden Rule, in Kemmerer, Wyo.

1912 The British liner RMS Titanic collides with an iceberg in the North Atlantic and begins sinking.

1939 The John Steinbeck novel "The Grapes of Wrath" is first published.

1949 At the conclusion of the so-called "Wilhelmstrasse Trial," 19 former Nazi Foreign Office officials are sen-



Abraham Lincoln was shot in Ford's Theatre in Washington April 14, 1865.

tenced by an American tribunal in Nuremberg to prison terms ranging from four to 25 years.

2008 British journalist Richard Butler is rescued by Iraqi troops from a house in Basra after two months in captivity.

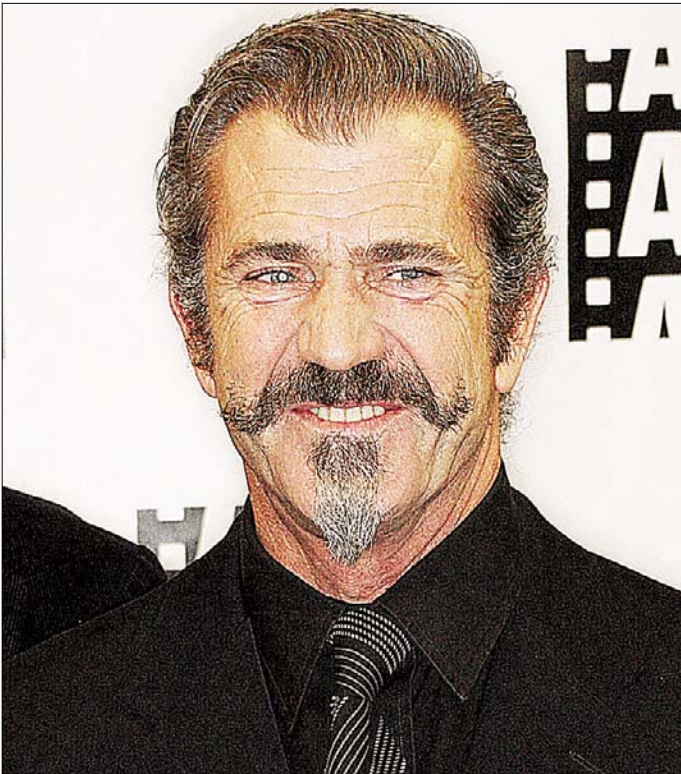
lookout people



PHOTOGRAPHY
Irony-Detecting Camera Returns Empty Frames

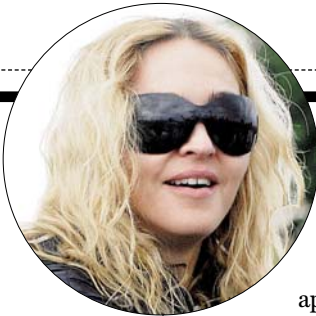
KANYE WEST's arraignment on misdemeanor charges has been delayed until May. West was scheduled to be arraigned on three misdemeanor charges filed as a result of a scuffle with a paparazzo at Los Angeles International Airport on Sept. 11. Video shot by TMZ.com showed West breaking a photographer's flash. His manager is accused of breaking the paparazzo's camera and TMZ's video camera. West's attorney said she is waiting for prosecutors to turn over any additional evidence they have. (AP)

expressnightout
Find the latest celebrity news and photo evidence of stars' sordid lives at WWW.EXPRESSNIGHTOUT.COM.



PAIN
Crying, Muted Ranting Heard

Court records show **MEL GIBSON**'s wife has filed for divorce after 28 years of marriage, citing irreconcilable differences. The petition doesn't give any details about the split. Robyn Gibson is seeking jewelry and some other property, and has suggested joint custody of their 9-year-old son. (AP)



NEED
Madonna Offers Up Own Child For Adoption, Then Adopts It

A Malawian newspaper is reporting that **MADONNA** still wants to adopt a Malawian girl and educate her so she can help people in the poor African nation. A court has ruled Madonna isn't eligible to adopt 3-year-old Chifundo "Mercy" James because she hasn't

lived in Malawi. The Nation quoted the pop star as declining to say much pending her appeal of that ruling. But the newspaper said she thanked her supporters in Malawi and around the world. The newspaper quoted Madonna as saying she wanted to give Mercy "a home, a loving family environment and the best education and health care possible." (AP)



Dee Dee Ramone: People married him.

PUBLISHING
Book Title Wholeheartedly Embraces Subject Matter

The executor of **DEE DEE RAMONE**'s estate has gone to court to stop publication of a book about the late punk rocker by his first wife. Vera Davie's book is "Poisoned Heart: I Married Dee Dee Ramone." (AP)



CHAOS
Center of Attention Needed

JOSH DUGGAR, the eldest of Michelle and Jim Bob Duggar's 18 kids, and his wife are expecting a child Oct. 18. It will be the family's first grandchild. The Duggars are on TLC's "18 Kids and Counting." (AP)

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ACROSS

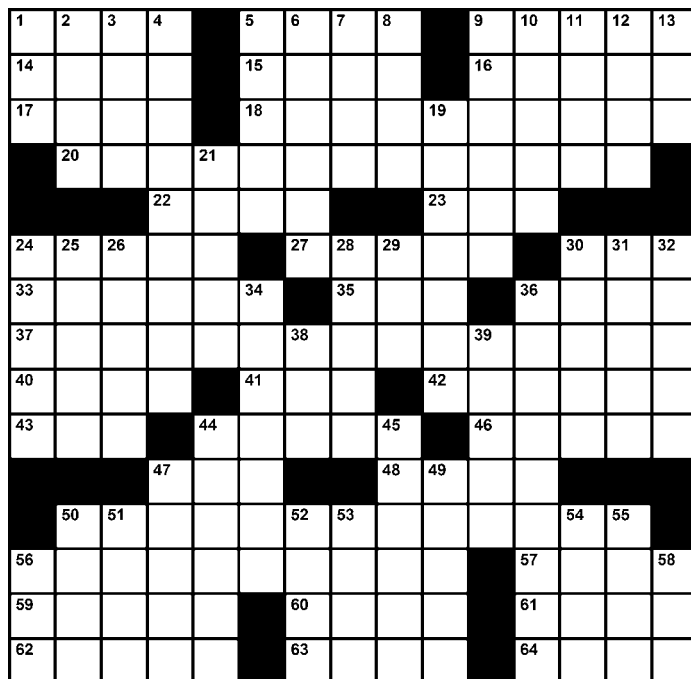
1 On ____ (without a contract)
5 Clicker target, perhaps
9 Conversation piece
14 Barley-shaped pasta
15 Quaker State port
16 Do a landscaper's job
17 One watching for traffic?
18 You can bet on them
20 Tricks
22 Quick gait
23 Max's opposite
24 Haunted house sound
27 Chamberlain epithet
30 Snake oil police, briefly
33 Habitations at high altitudes
35 Anger
36 Work out the wrinkles?
37 Tricks
40 Third-generation Genesis figure
41 Ugly
42 Buddhist enlightenment
43 Bear's abode
44 Largest African nation
46 Taste or touch, e.g.
47 Sloppy guy?
48 Doing business
50 Tricks
56 What some

speculate in

57 Worshipped thing
59 Make a change
60 Wee thing
61 Prometheus stole it
62 Some stingers
63 Telescope part
64 Sasquatch's kin

DOWN

1 You might give him the business
2 Fall preceder?
3 Old Testament book before Nehemiah
4 Mai tai and mimosa, e.g.
5 Left-handed page
6 Arts companion
7 Little Caesar, originally
8 Visionary sort
9 Number in black
10 Everglades wader
11 ____ buco (veal shanks)
12 December song
13 They get the last wd.
19 Small villages
21 Bald eagle's cousins
24 Had a big mouth?
25 Celebrate alumni day
26 Sweater material
28 Glittering topper
29 It's taxing
30 Fridge gas
31 Portals
32 She sang to Sandy



EDITED BY TIMOTHY E. PARKER

34 Clemens and Gompers
36 Grow stronger
38 It's all the rage
39 Desert sanctuaries
44 Detoxifies (with "up")
45 Carney's "Honeymooners" role
47 Mint ____
49 Hallmark employee's output

50 Creme-creme center
51 Nosebag filler
52 Bibliographer's abbr.
53 Oscar winner Blanchett
54 "The Sopranos" actress Falco
55 Copier setting
56 Like the fish in sashimi
58 Lanai necklace

Yesterday's Solution



SUDOKU | MEDIUM

Fill in the boxes so each row, column and 3-by-3 square includes the digits 1 through 9. See www.sudoku.com for solution, tips and computer program.

Need more Su|do|ku?

Find another Sudoku puzzle in the Comics section of the Post every Sunday and in the Style section Monday through Saturday.

Yesterday's Solution

6	5	4	3	2	1	7	8	9
3	9	2	7	5	8	6	4	1
1	7	8	9	6	4	2	5	3
7	4	6	1	9	3	8	2	5
8	2	9	6	4	5	1	3	7
5	3	1	8	7	2	4	9	6
4	6	3	2	1	9	5	7	8
9	1	5	4	8	7	3	6	2
2	8	7	5	3	6	9	1	4

5	8					2	7
	4		9		2		3
		2				5	
9	7		8			1	5
2	1		3			6	9
		6				4	
	5		8		4		9
4	3					8	2

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